
















MHSP The LINK Calendar June 2015 613-284-4608

Mon 12:00– 4:00	Tue 1:00-4:30	Wed 9:30-4:30	Thu 1:00 4:30	Fri 9:30-4:30
<p>1 <u>Carleton Place</u> 12:00-4:00 Adult swim & Support Group</p> 	<p>2 <u>1:00 Link opens SF</u> 1:00 Drop in/ check in 2:00-3:30 - Peer skills for suicide awareness 4:00 Relaxation Group</p>	<p>3 Baseball game Ottawa Leave link 9:30 \$5 Bring snacks, \$ for food</p> 	<p>4 CP 8:30 Aquafit 1:00 Lanark Art Group <u>SF Link opens at 1:00</u> 2:00 Arts & crafts</p>	<p>5 9:30 Drop In check 12:00 lunch \$3 1:30 BINGO 3:30 drumming</p> 
<p>8 <u>Carleton Place</u> 12:00-4:00 Adult swim & Support Group</p> 	<p>9 <u>1:00 Link opens SF</u> 1:00 Drop in/ check in 2:00-3:30 - Peer skills for suicide awareness 4:00 Relaxation Group</p>	<p>10 9:30 Drop In/Check In 11:00 Gardening 2:00 BINGO</p> 	<p>11 CP 8:30 Aquafit 1:00 Lanark Art Group evaluation session <u>SF Link opens at 1:00</u> 2:00 Arts & crafts</p>	<p>12 <u>Link opens 2:00</u> No lunch 2:30 Trivial pursuit Onstage \$4 BBQ</p> 
<p>15 <u>Carleton Place</u> 12:00-4:00 Adult swim & Support Group</p> 	<p>16 <u>1:00 Link opens SF</u> 1:00 Drop in/ check in 2:00-3:30 - Developing Group Facilitation Skills 4:00 Relaxation Group</p>	<p>17 9:30 Drop In/Check In 11:00 Gardening 2:00 Mental Health Aware- ness & Understanding 4:00 Relaxation Group</p>	<p>18 CP 8:30 Aquafit 1:00 Lanark Art Group <u>SF Link opens at 1:00</u> 2:00 Arts & crafts</p>	<p>19 <u>Link opens 4:00 pm</u> Aboriginal Festival \$4 leave link at 5:00 pm Bring chair & \$\$</p> 
<p>22 <u>Carleton Place</u> 12:00-4:00 Adult swim & Support Group</p> 	<p>23 <u>1:00 Link opens SF</u> 1:00 Drop in/ check in 2:00-3:30 - Developing Group Facilitation Skills 4:00 Relaxation Group</p>	<p>24 Sports Fishing 10:30-3:30 Bring chair, & \$.50 hot dog \$1 pop</p> 	<p>25 CP 8:30 Aquafit 1:00 Lanark Art Group <u>SF Link opens at 1:00</u> 2:00 Arts & crafts</p>	<p>26 9:30 Drop In check 12:00 Lunch \$3 <u>2:00 MSB & Advocacy meeting</u> 3:30 Friday Fun Drum-</p> 
<p>29 <u>Carleton Place</u> 12:00-4:00 Adult swim & Support Group</p> 	<p>30 <u>1:00 Link opens SF</u> 1:00 Drop in/ check in 2:00-3:30 - Developing Group Facilitation Skills 4:00 Relaxation Group</p>	<p>Canada Day July 1st</p> 	<p>July 2 CP 8:30 Aquafit <u>SF Link opens at 1:00</u> 2:00 Arts & crafts</p>	<p>The Link will be closed during out- ings on the 3rd, 19th and 24th.</p>