



OCTOBER

Leeds & Grenville Peer Support

Prescott 360 Dibble St West 3rd Floor

Tues & Wed 4pm - 8pm

Prescott 277 King St West, Monday & Thursday 5pm - 9pm

(613)213-0774 - (613)349-6243

www.psseo.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30-7:00PM Discussion on stigma & Mental Illness 7:00-9:00PM Week of Recovery Art	3 4:00-6:00PM Mandalas 6:00-8:00PM Cards & Puzzles	4 4:00-6:00PM Gab Group 6:00-8:00PM Cards	5 5:00-7:00PM Word Poem 7:00-9:00PM Cards & Gab	6	7
8	9 **CLOSED!** Happy Thanksgiving!	10 **4:00-8:00PM** Dinner & Movie in Brockville! Meet at King 4PM	11 4:00-6:00PM Gab: How To Manage Stress 6:00-8:00PM Cards	12 5:00-7:00PM Centre Meeting 7:00-9:00PM Week of Recovery Art	13	14
15	16 5:00-7:00PM Bingo with Rob 7:00-9:00PM Week of Recovery Art	17 4:00-7:00PM Gab & Cards	18 4:00-6:00PM King's Kitchen (Meet at King St.) 6:00-8:00PM Cards at Dibble St.	19 **5:00-10:00PM** *Pumpkininferno*	20	21
22	23 5:00-7:00PM Rob's Road to Recovery 7:00-9:00PM Week of Recovery Art	24 4:00-6:00PM Halloween Craft 6:00-8:00PM Cards & Jenga Gab	25 4:00-6:00PM Gab: Anxiety & How To Manage It 6:00-8:00PM Cards	26 **5:00-9:00PM** *Recovery Night Celebration*	27	28
29	30 5:00-6:00PM Gab & Cards 6:00-9:00PM Halloween Movie	31 *HAPPY HALLOWEEN ~ FEEL FREE TO DRESS UP!* 4:00-8:00PM Cards & Mandalas		*Oct 2-8 is Mental Illness Awareness Week! Help break the stigma!*		