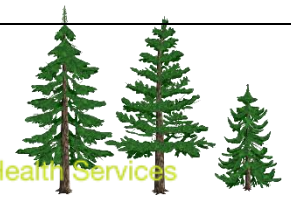



# DECEMBER 2024

South Huron Site is Located at  
149B Thames Rd.  
Exeter, ON N0M 1S3  
(519) 235-0335



Canadian Mental  
Health Association  
Thames Valley  
Addiction and Mental Health Services



Monday	Tuesday	Wednesday	Thursday	Friday
2 Drop-In Peer Support with CMHA Huron Perth (James Dunbar) 12-4pm	3 <b>Exeter Site Closed</b> <b>Staff working virtually</b> Special Event – Festive Light outing St Mary's 3pm Registration Required 	4 Drop-In Coffee Social & Lunch 9-12:30pm	5 <b>Staff Training</b> <b>Exeter office Site Closed</b> <b>Staff not available</b>	6 Drop-in 3D Mini Printer Session with Lindsay 10-12pm
9 Drop-In Laundry/Shower 10-12pm	10 <b>Exeter Site Closed</b> <b>Staff working virtually</b>	11 Drop-In Coffee Social & Lunch 9-12:30pm	12 Drop-In Peer Support with CMHA Huron Perth (James Dunbar) 12-4pm	13 Drop-in Women's Social with Lindsay 10-1pm
16 Drop-In Laundry/Shower 10-12pm Drop-In Peer Support with CMHA Huron Perth (James Dunbar) 12-4pm	17 <b>Exeter Site Closed</b> <b>Staff working virtually</b>	18 Drop-In Coffee Social & Lunch 9-12:30pm	19 Community Kitchen with Lindsay 9:30-1pm (registration required)	20 Drop In- Festive Time with Lindsay 10-12pm
23 Drop-In Laundry/Shower 10-12pm	24 <b>Exeter Site Closed</b> <b>Staff working virtually</b>	25 <b>Christmas Day</b> <b>Exeter office Site closed</b>	26 <b>Boxing Day</b> <b>Exeter office site closed</b>	27 <b>Exeter Site</b> <b>Closed -Staff not available</b>
30 Drop-In Laundry/Shower 10-12pm	31 <b>Exeter Site Closed</b> <b>Staff working virtually</b>	Jan 1 2025 <b>Happy New Years</b> <b>Exeter office site closed</b>	2 Drop-In Peer Support with CMHA Huron Perth (James Dunbar) 12-4pm	3 Drop-in Happy New Year Vision Board with Lindsay 10-12pm

To Register for Groups or More Information Call 519.235.0335

