

January 2025

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
		1 Happy New Year's Exeter Centre Closed	2 Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-4:00pm	3 Drop-in Year New Goals Group 10:00am-12:30pm Drop-In Laundry/Shower Program 10:00am-12:00pm
6 Drop-In Laundry/Shower Program 10:00am-12:00pm	7 Exeter Centre closed	8 Drop-In Coffee Social & Lunch Program 9:00am-1:00pm	9 Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-4:00pm	10 Drop-in Vision Board Group 10:00am-12:30pm Drop-In Laundry/Shower Program 10:00am-12:00pm
13 Drop-In Laundry/Shower Program 10:00am-12:00pm	14 Exeter Centre closed	15 Drop-In Coffee Social & Lunch Program 9:00am -1:00pm	16 Community Kitchen Group 9:00am-12:30pm CMHA HP Addictions Drop in Group 12:00pm-2:00pm Drop-In Peer Support with CMHA Huron Perth 2:00pm-4:00pm	17 Drop In- Meditation Group 10:00am-12:30pm Drop-In Laundry/Shower Program 10:00am-12:00pm
20 Drop-In Laundry/Shower Program 10:00am-12:00pm	21 Exeter Centre closed	22 Drop-In Coffee Social & Lunch Program 9:00am -1:00pm	23 Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-4:00pm	24 Winter Wonderland Social and Lunch 11:00am-2:00pm Please sign up with staff
27 Drop-In Laundry/Shower Program 10:00am-12:00pm	28 Exeter Centre closed	29 Drop-In Coffee Social & Lunch Program 9:00am-1:00pm	30 Community Kitchen Group 9:00am-12:30pm CMHA HP Addictions Drop in Group 12:00pm-2:00pm Drop-In Peer Support with CMHA Huron Perth 2:00-4:00pm	31 Drop In- Baking Group 10:00am-12:30pm Drop-In Laundry/Shower Program 10:00am-12:00pm

To Register for Groups or More Information Call 519.235.0335

