

February 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
3 Drop-In Laundry/Shower Program 10:00am-12:00pm	4 Exeter Centre closed	5 Drop-In Coffee Social & Lunch Program 9:00am-1:00pm	6 Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-4:00pm	7 Drop-in Valentines Day Craft 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm
10 Drop-In Laundry/Shower Program 10:00am-12:00pm	11 Exeter Centre closed	12 Drop-In Coffee Social & Lunch Program 9:00am -1:00pm	13 Community Kitchen Group 9:30am-12:30pm Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-4:00pm	14 Happy Valentine's Day Chili Cook off and Bowling Outing London 9-4 (Sign up required) Drop-In Laundry/Shower Program 10:00am-12:00pm
17 Family Day Exeter Centre Closed	18 Exeter Centre closed	19 Drop-In Coffee Social & Lunch Program 9:00am -1:00pm	20 CMHA HP Addictions Drop in Group 12:00pm-2:00pm	21 Drop In Baking and Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm
24 Drop-In Laundry/Shower Program 10:00am-12:00pm	25 Exeter Centre closed	26 Drop-In Coffee Social & Lunch Program 9:00am-1:00pm	27 Community Kitchen Group 9:30am-12:30pm Drop-In Peer Support with CMHA Huron Perth 2:00-4:00pm	28 Drop In- Games and Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm

To Register for Groups or More Information Call 519.235.0335

