

# 2019

## FEBRUARY

# CMHA SASKATOON

# CALENDAR

306.384.9333

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SUN	MON	TUE	WED	THU	FRI	SAT
					1 CMHA Closed <i>Appointments Only</i>	2
3	4 Anxiety Group 3:30 - 4:30 PM PTSD Support Group 7 PM	5	6 Resume Workshop 1 - 4 PM Depression Support Group 6:30 - 8 PM	7 Writer's Group 7 PM	8 CMHA Closed <i>Appointments Only</i>	9
10	11 Anxiety Group 3:30 - 4:30 PM	12	13 Quilting Group 1 - 2:30 PM Depression Support Group 6:30 - 8 PM	14 Writer's Group 7 PM	15 CMHA Closed <i>Appointments Only</i>	16
17	18 Family Day <i>CMHA Closed</i> PTSD Support Group 7 PM	19	20 Depression Support Group 6:30 - 8 PM	21 Writer's Group 7 PM	22 CMHA Closed <i>Appointments Only</i>	23
24	25 Anxiety Group 3:30 - 4:30 PM	26 Healing Hearts Support Group (for moms who have lost a child to an overdose) Contact healingheartssaskatoon@ gmail.com to register	27 Quilting Group 1 - 2:30 PM Depression Support Group 6:30 - 8 PM	28 Writer's Group 7 PM		