

2019

MAY

CMHA SASKATOON CALENDAR

306.384.9333

info@cmhasaskatoon.ca

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Depression Support Group 6:30 - 8 PM	2 Writer's Group 7 PM	3	4
5 Mental Health Week! 	6 Anxiety Group 3:30 - 4:30 PM PTSD Support Group 7 PM	7	8 Paws for Thought 1:30 - 4 PM Depression Support Group 6:30 - 8 PM	9 Writer's Group 7 PM	10 CMHA Closed <i>Appointments Only</i> CMHA Dance @ Cosmo Seniors Centre 7 PM - 10 PM	11
12	13 Anxiety Group 3:30 - 4:30 PM	14	15 Depression Support Group 6:30 - 8 PM	16 Writer's Group 7 PM	17 CMHA Closed <i>Appointments Only</i>	18
19	20 CMHA Closed Victoria Day No Anxiety Group	21 Healing Hearts Support Group (for moms who have lost a child to an overdose) Contact healingheartssaskatoon@gmail.com to register	22 Quilting Group 1 - 2:30 PM Depression Support Group 6:30 - 8 PM	23 Writer's Group 7 PM	24 CMHA Closed <i>Appointments Only</i>	25
26	27 Anxiety Group 3:30 - 4:30 PM	28	29 Depression Support Group 6:30 - 8 PM	30 Writer's Group 7 PM	31 CMHA Closed <i>Appointments Only</i>	