

2019

SEPTEMBER

CMHA SASKATOON

CALENDAR



306.384.9333

info@cmhasaskatoon.ca

SUN	MON	TUE	WED	THU	FRI	SAT
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1	2 Labour Day CMHA CLOSED PTSD Support Group 7 PM	3	4 Depression Support Group 6:30 - 8 PM	5 Writer's Group 7 PM	6 CMHA Closed <i>Appointments Only</i>	7
8	9 Anxiety Support Group 3:30 - 4:30 PM	10	11 Depression Support Group 6:30 - 8 PM	12 Writer's Group 7 PM	13 CMHA Closed <i>Appointments Only</i>	14
15	16 Anxiety Support Group 3:30 - 4:30 PM PTSD Support Group 7 PM	17	18 Depression Support Group 6:30 - 8 PM	19 Writer's Group 7 PM	20 CMHA Closed <i>Appointments Only</i>	21
22	23	24 Healing Hearts Support Group (for moms who have lost a child to an overdose) Contact healingheartssaskatoon@gmail.com to register	25 Depression Support Group 6:30 - 8 PM	26 Writer's Group 7 PM	27 CMHA Closed <i>Appointments Only</i>	28
29	30 Anxiety Support Group 3:30 - 4:30 PM					