

2020



Canadian Mental Health Association
Saskatoon
Mental health for all

NEED TO FIND US?

1301 Avenue P North
Saskatoon, SK S7L 2X1
Call: 306-384-9333

Email: info@cmhasaskatoon.ca
Visit: saskatoon.cmha.ca

FEBRUARY

SUN

MON

TUES

WED

THURS

FRI

SAT

**In order to participate in the Family Support Group or Connect Up you must be registered. Please call 306-384-9333 or email info@cmhasaskatoon.ca for more information.*

1

8

15

22

29

2

3 Anxiety Support Group:
3:30 - 4:30 PM
PTSD Support Group:
6 PM

4 *Connect Up:
1 - 3 PM
*Family Support Group:
6 - 7:30 PM

5 Depression Support Group:
6:30 - 8 PM

6 *Connect Up:
1 - 3 PM
Writer's Group:
7 PM

7 CMHA Closed:
Appointments Only

9

10 Anxiety Support Group:
3:30 - 4:30 PM

11 *Connect Up:
1 - 3 PM

12 Quilting:
1 - 2:30 PM
Depression Support Group:
6:30 - 8 PM

13 *Connect Up:
1 - 3 PM
Writer's Group:
7 PM

14 CMHA Closed:
Appointments Only

16

17 Family Day
CMHA Closed

18 Connect Up:
1 - 3 PM
*Family Support Group:
6 - 7:30 PM

19 Depression Support Group:
6:30 - 8 PM

20 *Connect Up:
1 - 3 PM
Writer's Group:
7 PM

21 CMHA Closed:
Appointments Only

23

24 Anxiety Support Group:
3:30 - 4:30 PM

25 *Connect Up:
1 - 3 PM
Healing Hearts Support Group
(for moms who have lost a child to an overdose) Contact healingheartssaskatoon@gmail.com to register

26 Quilting:
1 - 2:30 PM
Depression Support Group:
6:30 - 8 PM

27 *Connect Up:
1 - 3 PM
Writer's Group:
7 PM

28 CMHA Closed:
Appointments Only