

# 2020 MARCH



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](mailto:info@cmhasaskatoon.ca)

Visit: [saskatoon.cmha.ca](http://saskatoon.cmha.ca)

SUN	MON	TUE	WED	THU	FRI	SAT
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<b>1</b>	<b>2</b> Anxiety Support Group: 3:30 - 4:30 PM PTSD Support Group: 7 PM	<b>3</b> *Connect Up: 1 - 3 PM *Families Matter Support Group: 6 - 7:30 PM	<b>4</b> Depression Support Group: 6:30 - 8 PM	<b>5</b> *Connect Up: 1 - 3 PM Writer's Group: 7 PM	<b>6</b> CMHA Closed: <i>Appointments Only</i>	<b>7</b>
<b>8</b>	<b>9</b> Anxiety Support Group: 3:30 - 4:30 PM	<b>10</b> *Connect Up: 1 - 3 PM	<b>11</b> Quilting: 1 - 2:30 PM Depression Support Group: 6:30 - 8 PM	<b>12</b> *Connect Up: 1 - 3 PM Writer's Group: 7 PM	<b>13</b> CMHA Closed: <i>Appointments Only</i>	<b>14</b>
<b>15</b>	<b>16</b> Anxiety Support Group: 3:30 - 4:30 PM PTSD Support Group: 7 PM	<b>17</b> *Connect Up: 1 - 3 PM *Families Matter Support Group: 6 - 7:30 PM	<b>18</b> Depression Support Group: 6:30 - 8 PM	<b>19</b> CMHA Closed Spring Cleaning	<b>20</b> CMHA Closed: <i>Appointments Only</i>	<b>21</b>
<b>22</b>	<b>23</b> Anxiety Support Group: 3:30 - 4:30 PM	<b>24</b> Mayor's Luncheon CMHA CLOSED Healing Hearts Support Group (for moms who have lost a child to an overdose) Contact <a href="mailto:healingheartssaskatoon@gmail.com">healingheartssaskatoon@gmail.com</a> to register	<b>25</b> Quilting: 1 - 2:30 PM Depression Support Group: 6:30 - 8 PM	<b>26</b> Writer's Group: 7 PM	<b>27</b> CMHA Closed: <i>Appointments Only</i>	<b>28</b>
<b>29</b>	<b>30</b> Anxiety Support Group: 3:30 - 4:30 PM	<b>31</b> *Families Matter Support Group: 6 - 7:30 PM				

*\*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](mailto:info@cmhasaskatoon.ca) for more information.*