



Community Mental Health Services

Recovery ◦ Hope ◦ Dignity

COMMUNITY PROGRAMS - GODERICH

**Community Integration
(Social Recreation)**

Sept 2010 SCHEDULE

WOTCH North Goderich:
274 Huron Road, Goderich, Ontario
N7A 3A2
Telephone: 519-440-0450
Hours of Operation:
Monday-Friday 9-5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 YMCA 11:30am-1 pm	2	3	4
5	6 Labour Day No staff	7	8 YMCA 11:30am-1 pm	9 Community garden	10	11
12	13	14 Hike at Naftel's Conservation area @ 11am	15 YMCA 11:30am-1 pm	16	17	18
19	20	21 Community kitchen@10am Knox church	22 YMCA 11:30am-1 pm	23	24	25
26	27 	28 Healthy Living Expo 1-3:30pm Flyer attached	29 YMCA 11:30am-1 pm	30		

WOTCH North Closed Saturdays

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Program Descriptions for Sept 2010

Healthy Living Expo-Taking charge of your health. A free workshop to provide information on benefits of physical activity, low budget snack ideas, displays, door prizes, and talk to a health care professional.

Community kitchen- Monthly program that offers participants an opportunity to plan, shop and cook economical and nutritious meals.

YMCA- Weekly physical activities to promote healthy habits and offer an opportunity for social interactions.