




April 2025



South Huron Site is Located at
149B Thames Rd.
Exeter, ON N0M 1S3
(519) 235-0335



Canadian Mental
Health Association
Thames Valley
Addiction and Mental Health Services

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Exeter Centre closed	2 Drop-In Coffee Social & Lunch Program 9:00am-1:00pm	3 CMHA HP Getting on with Life Addictions Drop in Group 12:00pm-2:00pm (James/Gillian)	4 Drop-in Art Group & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm
7 Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm Nature Walk McNaughton Trail 1:00pm -2:00pm	8 Exeter Centre closed	9 Drop-In Coffee Social & Lunch Program 9:00am-1:00pm	10 Community Kitchen Group 9:30am-12:30pm 	11 Drop-in Board Games & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm
14 Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm <i>Final Group</i> Nature Walk McNaughton Trail 1:00pm-2:00pm	15 Exeter Centre closed	16 Drop-In Coffee Social & Lunch Program 9:00am -1:00pm	17 CMHA HP Wellness Group 12:00pm-1:30pm (James/Gillian) <i>Preregister 5-week Group</i> Shower Program 10:00am-11:00am Change due to holiday *	18 Good Friday Exeter Centre Closed
21 Easter Monday Exeter Centre Closed	22 Exeter Centre closed	23 Drop-In Coffee Social & Lunch Program 9:00am -1:00pm Shower Program 2:00pm -3:00pm change due to holiday *	24 Community Kitchen Group 9:30am-12:30pm CMHA HP Wellness Group 12:00pm-1:30pm (James/Gillian) Drop-In Peer Support Huron Perth (James) 1:30pm -4:00pm	25 Drop-in Baking & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm
28 Drop-In Laundry/Shower Program 10:00am-12:00pm Nature Walk McNaughton Trail 1:00pm-2:00pm	29 Exeter Centre closed	30 Exeter Centre Closed	<i>A Kind word is like a spring day - unknown</i>	

To Register for Groups or More Information Call 519.235.0335