

ONGOING EVENTS			
Date	Event/Workshop	Details	Contact Info
	Raise Your Voice!	Voices from the Street a collective of individuals who use their personal experiences with homelessness and poverty to educate the public and push for change, is looking to recruit new members	Voices From the Street c/o Ontario Council of Alternative Businesses 203-1499 Queen Street West Toronto, ON M6R 1A3 Fax: 416.504.8063 e-mail: speakersbureau@bellnet.ca
	Good Food Box	\$10.00 per month Payment is due the first day of every month. Boxes are ready for pick up on the Third Thursday of Every month.	Community Development Council of Quinte, In Belleville: 49 Albion Street T: 613.968.2466 Toll Free: 1-877-879-2966, In Centre Hastings:108 Russell Street Madoc T: 613.473.5255, In North Hastings 1 A Woodview Lane Bancroft T: 613.332.2635 Toll Free: 1-877-412-1779
	Good Baby Box	Three sizes of boxes from which to choose: Infant Box: \$5.50 Baby Box: \$9.00 Toddler Box: \$5.50 Parents can visit once each week for each eligible child.	Call the Community Development Council for hours of operation at the depot nearest you. In Belleville: 49 Albion Street T: 613.968.2466 Toll Free: 1-877-879-2966, In Centre Hastings:108 Russell Street Madoc T: 613.473.5255, In North Hastings 1 A Woodview Lane Bancroft T: 613.332.2635 Toll Free: 1-877-412-1779
	Garden Group	The Link, Smiths Falls, anyone interested in gardening activities (tours, workshops, plant exchange, guest speakers, etc.) please call The Link	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
	2nd Annual Gardening Program	Gardens are on the corner of Octavia and Catherine St. Belleville	Contact Matt Smith at Mental Health Services 967-4734, or Deborah Dacombe at ACTT 962-0259
	Volunteer Gardening in Trenton	Mon-Fri 10-2pm, Garden produce is for local foodbanks and soup kitchens.	Contact Hazel Berthiaume at 961-7149
Early Intervention	Early Intervention in Psychosis Program	Southeastern Ontario District Contact Andrew Bucknall at 613 967-6343	toll free 1-866-485-2728
	Wellness Recovery Action Plan	10-week groups will be offered	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Mondays	Belleville Anxiety & Mood Disorders Support Group Afternoon Meetings (East End)	Every Monday Afternoon, 1:30 – 3:30 p.m. at Eastminster United Church, 432 Bridge St. E., Belleville in Room 411 (2 nd floor).	(613) 961-0077
Mondays starting Feb. 26, 2007	Wellness Recovery Action Plan Mondays at 2:30pm to 4:00pm	New Beginnings Support Centre Co-facilitated by Sandi LeBlanc-Dicscrese of MHS and Jacquie White of MHSN	Sandi L-D at 967-4734 or Jacquie at 969-0122
Mondays	Picton Fibromyalgia Support Group	2nd Monday of each month from September to June	Phone: (613) 399-2103
Mondays	Games Day	Three Doors Down Support Centre, 7 Paul St., Picton	613 471-1347

Mondays	Walking Group	11:00 a.m., New Beginnings Support Centre, 76 Dundas St W., Trenton	613 394-3449
Mondays	Carleton Place Peer Group	12:30 p.m., July 9, 23, August 6, 20, Sept. 17	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Tuesdays	Recovery Discussion Group	Every 1st and 3rd Tuesday of each month, 7:00-8:30 p.m., at Belleville Freedom Centre, 350 Front St., Unit 3C	(613) 961-0008, email: recoverydiscuss@yahoo.ca Website: www.geocities.com/recoverydiscuss
Tuesdays starting Apr. 3	Wellness Recovery Action Plan	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
Tuesdays	Tourette Syndrome Meeting	Every 4 th Tuesday of the month 7:00 – 9:00 p.m. Richmond Retirement Centre 175 Front St., Belleville	Lynda (613) 966-7852
Tuesdays	Walking Group	10:00 a.m., Belleville Freedom Support Centre, 350 Front St, Belleville	613 969-1772
Tuesdays	Euchre	1:00 p.m., Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
Tuesdays	Tai Chi	11:00 a.m., New Beginnings Support Centre, 76 Dundas St W., Trenton	613 394-3449
Tuesdays	Writing Group	4-6 p.m., July 10, 17, 24, 31, August 7, 21, 28, Sept. 11, 18 at The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Starts Apr. 24	The Voices of Integrated Consumers (and family members) Effecting Solutions (VOICES)	4th Tuesday of the month, 7 – 8:30 p.m., at Eastminster United Church, Belleville	voicesbelleville@yahoo.ca , webpage: www.geocities.com/voicesbelleville , Phone: 613-968-7135 or 613-962-3999
Tuesdays starting April 3/07	Survivors of Suicide for family members Mental Health Services Tuesdays 6:30-8:30pm	Saint George's Church 9 Byron St. Trenton	Contact Judy at MHS 613 967-4738
Alternate Tuesdays at 1:30pm	Depression Group facilitated by MHS and MHSN	every other Tuesday at 56 Russell Street Madoc Friends and Neighbours site 1:30pm	Contact: Jacquie White 969-0122 or Annie Weymark at 478-9983
Wednesdays	Belleville Anxiety & Mood Disorders Support Group Evening Meetings (West End)	Every 2 nd and 4 th Wednesday Evening, 7:00 – 8:30 p.m. at Salvation Army Church, 290 Bridge St. W.	(613) 961-0077
Wednesdays	Beyond Bereavement Support Group	Every 1st and 3rd Wednesday of each month, 7-8:30 p.m. at Eastminster United Church, 432 Bridge St. E., Belleville	(613) 969-5212 Website: www.eastminster.on.ca
Wednesdays	Deseronto Depressive-Manic Depressive Support Group	6 - 8 p.m., 358 Main St (Public Library), Deseronto	(613) 396-2668, Email: deserontosupport@sympatico.ca

Wednesdays	Narcotics Anonymous	Belleville: Wed. 8:00 p.m. at St. Thomas Church, 201 Church St Trenton: Sunday 8 p.m. at Trenton Bethal Church, 77 Herman St Picton: 4th and 5th Mon. of each month, 7 -9 p.m. at Memorial Hospital Boardroom	www.limestonena.com
Wednesdays	New Life Group	Support group for those who are separated, divorced or widowed, meets 2nd Wed. of each month at 7:30 p.m. at Church of St. Michael The Archangel, 269 Church St., Belleville	Phone: (613) 962-4634
Wednesdays	Schizophrenia Society of Ontario Quinte Chapter	Every 2nd Wed. of each month at Eastminster United Church (group does not meet in July and August)	Katie Rutledge (613) 962-8438 or Nancy Johnson (613) 476-3469
Wednesdays	Women's Support Group	1:00 - 3:00 p.m. at The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Wednesdays	Afternoon Euchre	Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
Wednesdays	Depression Group - Canadian Mental Health Assoc.	Wednesday mornings	CMHA 613 969-8874 for further info
Wednesdays	CMHA Future Wellness Group	Wednesday afternoons in Belleville, This group welcomes people making the step from hospital to home and seeking to build healthy goals for the future.	CMHA 613 969-8874 for further info
Wednesday evenings Trenton	Survivors of Suicide for family members Wednesdays starting Feb. 6th from 6:30 to 8:30pm	9:00 to 10:30 a.m.	Contact Judy at Mental Health Services 613 967-4734
starts Feb 14 , 2007	Managing Powerful Emotions MHS	Wednesday afternoons in Belleville 1:00pm to 3:00pm	Contact Mental Health Services 613 967-4734
Thursdays	Rec Group	10:30 a.m., Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
Thursdays	Movie Afternoon	1:30-3:30 p.m., July 12, 19, August 2, 9, 16, 30, Smiths Falls The Link Drop In Centre	613-284-4608 www.mhsp-links.ca
Thursdays REC GROUP	YMCA & Mental Health Services	YMCA GYM Thursday mornings from 10:30am to 11:45am	Contact: Don Thompson at MHS 613 967-4734
Thursdays	Cooking Group	10:30 a.m. - 1:00 p.m., July 12, 19, 26, August 9, 16, 23, 30, Sept. 13, 20, 27, The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca

Thursdays	WRAP Training	The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Fridays	Walking Group	4-5 p.m., July 13, 27, August 10, 24, Sept. 14, 21, 28, The Link, Smiths Falls, meet at The Link	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Fridays	Anger Management for Women Canadian Mental Health Assoc.	Friday mornings in Belleville	CMHA 613 969-8874 for further info
Fridays	Crafts Group	Three Doors Down Support Centre, 7 Paul St., Picton	613 471-1347
Fridays	Sewing With Cathy	1-3 p.m., July 13, 27, August 10, 24, The Links, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Fridays	Craft Project	1-3 p.m., The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
UPCOMING EVENTS			
July 9-10	Camping Trip	Sandbanks Provincial Park, Prince Edward County, This is a joint outing, MHS, ACTT and MHSN are attending	Contact Matt Smith at 967-4734 or Jacquie White at 969-0122
starts July 9	Camp Star Nature Camp	Monday-Friday, 9-11 a.m., each camp is 1-week duration for children 7-11 years of age living in families with loss issues (ask about teen groups), The Edith Fox Life & Loss Centre, Prince Edward County	Kathleen Foster-Morgan at 613 476-1128, kathleenfm@willowshore.ca
July 10	Trip-The Gut and Beaver Creek	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
July 10	Lake on the Mountain trip	Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
July 10	Depression Group	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 11	Cheese Factory Tour Outing	Limited seats, 3 Doors Down Support Centre, 7 Paul St., Picton	613 471-1347
July 11	Movie Day	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 11	Craft Group	New Beginnings Support Centre, 76 Dundas St W, Trenton	613 394-3449
July 12	Craft Day	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 13	Participants Meeting	9:30 a.m., Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772

July 14	MAD Pride 2007	1-5 p.m., bed push starting at Centre of Addiction and Mental Health, 1001 Queen St. W, Toronto, events are free and the locations are wheelchair accessible	Phone 416 516-4740 or email friendlyspike@primus.ca
starts July 16	Camp Star Drama Group	Monday-Friday, 9-11 a.m., each camp is 1-week duration for children 7-11 years of age living in families with loss issues (ask about teen groups), The Edith Fox Life & Loss Centre, Prince Edward County	Kathleen Foster-Morgan at 613 476-1128, kathleenfm@willowshore.ca
July 16	Potluck Lunch	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 17	Petroglyphs Provincial Park trip	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
July 17	Model Car building	1:30-3:30 p.m., The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
July 17	Movie Day	Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
July 17	Hair Care Day	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 18	Waupoos Winery Tour	Limited seats, 3 Doors Down Support Centre, 7 Paul St., Picton	Robbie at 613 471-1347
July 18	Lake on the Mountain trip	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc and New Beginning Support Centre, 76 Dundas St. W. Trenton	613 473-4111 and 613 394-3449
July 19	Trip to Petroglyphs Provincial Park	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
July 19	Cards @ Night	12 noon - 8 p.m., Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
July 19	Movie Day	12:30 p.m., New Beginning Support Centre, 76 Dundas St W., Trenton	613 394-3449
July 20	Stewart Park Festival & Picnic	Bus leaves The Link at 11 a.m, returns 4 p.m., cost \$1.00	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
July 20	Bocci Ball in the Park	3 Doors Down Support Centre, 7 Paul St., Picton	613 471-1347
July 23	Bowling with Donald	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 23	Crafts Group	3 Doors Down Support Centre, 7 Paul St., Picton	Nora at 613 471-1347

July 24	Fishing	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
July 24	Bowling	1:00 p.m., New Beginnings Support Centre, 76 Dundas St W., Trenton	613 394-3449
July 25	Members Meeting	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 25	Games Day	3 Doors Down Support Centre, 7 Paul St., Picton	613 471-1347
July 25	Movie Day	Belleville Freedom Support Centre, 350 Front St., Belleville	613 969-1772
July 25	Members Meeting	New Beginning Support Centre, 76 Dundas St. W., Trenton	613 394-3449
July 26	Men's Group	1 p.m., The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
July 26	Cards	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 30	Cards & Coffee	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 31	Ice Cream Walk	Friends & Neighbours Support Centre, 56 Russell St., Unit B, Madoc	613 473-4111
July 31	Picnic & Swimming	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
Aug. 3	Photography Show	Opening 2-4 p.m., The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Aug. 3	On Stage Beach Party	6-9 p.m., The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Aug. 7	Beading & Town Walk	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
Aug. 7	Model Car Building	1:30 - 3:30 p.m., The Link, Smiths Falls	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Aug. 14	Twig Art and Nature Walk	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056
Aug. 14	Bellamy Park Beach/Picnic	11 a.m.- 4 p.m., The Link, Smiths Falls (rain date July 17)	The Link, Smiths Falls, Phone 613-284-4608, Toll free: 1-877-383-2070 www.mhsp-links.ca
Aug. 21	Folk Art/Group Discussion	Cloud Nine Support Centre, The Switchyard, 26 Hastings Heritage Way, Bancroft	Susan or Nancy at 613 332-3108, or Mental Health Support Network at 613 332-4056

