



Drop In Mental Health Group

Saturdays 10am – 12pm

This weekly peer led, clinician facilitated group is for anyone experiencing stress, mental health or emotional distress issues. Based on group needs, the session will focus on support, psycho-education, and tools for building coping strategies.



All Are Welcome

Located on the bottom floor of the Mary McGill Building

For Information 705-434-5140 mmcgill@smhosp.on.ca

Mary McGill

Community Mental Health Program

