



We believe that no one should travel their mental health journey alone and that peers have a unique ability to support that journey.





MHA Drop-in Program is a "peer-support" program, staffed by individuals with their own lived mental health experiences.

Please do not attend any MHA event if you have symptoms (fever) or have been exposed to COVID and or the flu!!  
We would like to protect our staff and their families.  
*Thank you!*

Any questions call Angela  
845-803-9041  
Time and locations noted for each event.

*MHA's Warmline  
845-278-7600  
Monday—Friday  
10-3pm*

[www.mhaputnam.org](http://www.mhaputnam.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Women's Group w/Bonnie 2:30pm at Brewster	2	3
4	5	6	7	8 Women's Group w/Bonnie 2:30pm at Brewster Library	9	10
11	12	13 Valentine Party  1-4pm Drop-in Mt. Carmel Baptist Church in Carmel Pizza and dessert Plus music and games	14 NO Family Support Group  	15 Women's Group w/Bonnie 2:30pm at Brewster Library	16	17
18	19 <b>MHA CLOSED</b> 	20	21	22 Women's Group w/Bonnie 2:30pm at Brewster Library	23	24
25	26	27 1-230pm Fair Housing & Protected Classes (see flier for details)  230-4pm Drop-in Mt. Carmel Baptist Church in Carmel	28 Family Support Group with Bill 630pm-8pm at PHC	29 Women's Group w/Bonnie 2:30pm at Brewster Library	1	2 Events subject to change without notice.