



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 experience.

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!



Please RSVP to any and all MHA Drop-In activities

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Women's Group w/Bonnie 2:30pm at Brewster Library	5	6
7	8	9 1-4pm Drop-in Mt. Carmel Baptist Church in Carmel Crocheting Group see flier	10 Family Support Group with Bill 630pm-8pm at PHC	11 Women's Group w/Bonnie 2:30pm at Brewster Library	12	13
14	15 10:30am- 3:30pm First Baptist Church in Brewster	16	17	18 Women's Group w/Bonnie 2:30pm at Brewster Library	19	20
21	22 	23 1-4pm Drop-in Mt. Carmel Baptist Church in Carmel Open Mic with Larry 	24 Family Support Group with Bill 630pm-8pm at PHC	25 Women's Group w/Bonnie 2:30pm at Brewster Library	26	27
28	29	30 MATINEE Movie Please call Angela to RSVP and for the times of the movie	MAY 1	2 Women's Group w/Bonnie 2:30pm at Brewster Library	3	4 Events subject to change without notice.