



# June 2024

MHA Drop-in program is a “peer support” program, staffed by individuals with their own lived mental health experience.

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





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

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!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3	4 <b>MATINEE Movie</b> Please call Angela to RSVP and for the times of the movie	5	6 Women's Group w/Bonnie 2:30pm at Brewster	7	8
9	10	11 1-4pm Drop-in Mt. Carmel Baptist Church in Carmel <b>Summer craft</b>	12 Family Support Group with Bill 630pm-8pm at PHC	13 Women's Group w/Bonnie 2:30pm at Brewster Library	14	15
16 <b>HAPPY Fathers Day</b>	17	18 Wendy's in Carmel @2:30pm MHA will buy a "biggie bag"	19 <b>MHA CLOSED</b> 	20 Women's Group w/Bonnie 2:30pm at Brewster Library 	21	22
23/30	24 2-430pm First Baptist Church, Brewster <b>3-4pm Meet some of the Community Service Board</b> (see flier for details)	25 1-4pm Drop-in Mt. Carmel Baptist Church in Carmel <b>Open Mic w/Larry</b>	26 Family Support Group with Bill 630pm-8pm at PHC	27 Women's Group w/Bonnie 2:30pm at Brewster Library	28	29 

Events subject to change without notice.