



# July 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	5	6
Events subject to change without notice.				MHA CLOSED 		
7	8	9	10	11	12	13
		1-4pm Drop-in Mt. Carmel Baptist Church in Carmel  <b>Open Mic &amp; Rock painting</b>	Family Support Group with Bill 630pm-8pm at PHC	Women's Group w/Bonnie 2:30pm at Brewster		
14	15	16	17	18	19	20
		Wendy's in Carmel @2:30pm MHA will buy a "biggie bag"		Women's Group w/Bonnie 2:30pm at Brewster Library		
21	22	23	24	25	26	27
		1-5pm Drop-in Cornerstone Park in Carmel  <b>Painting Party 2pm-4pm</b> Please call Alice to RSVP by July 16th	Family Support Group with Bill 630pm-8pm at PHC	Women's Group w/Bonnie 2:30pm at Brewster Library		
28	29	30	31	August 1	2	3
		<b>MATINEE MOVIE</b> Please call Angela to RSVP and for the times of the movie		Women's Group w/Bonnie 2:30pm at Brewster Library		