



# YOU ARE NOT ALONE

WINDSOR ESSEX.CMHA.CA/SUICIDEPREVENTION

## SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	6
		Family Services Windsor Essex <b>Walk-In Counselling</b> 12pm – 8pm Windsor Office 3pm – 7:30pm Harrow Family Health Team 4pm-8pm Kingsville Access County Office	2pm – 3:30pm <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	10am – 11:30am <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	9am – 5pm <b>Walk-in Counselling            Clinic</b> Family Services Windsor Essex Windsor Office	
8	9	10	11	12	13	14
	10am – 4pm <b>Walk-in Counselling            Clinic</b> Erie Shores Health Centre  5:30pm – 7pm <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	3:30pm – 4:30pm <b>H.O.P.E.</b> CMHA-WECB 1400 Windsor Ave.  10am-2pm <b>World Suicide            Prevention Day</b> University of Windsor  6pm – 7:30m <b>The Ripple Effect</b> CAW Centre, University of Windsor  Family Services Windsor Essex <b>Walk-in Counselling</b> 12pm – 8pm Windsor Office 3pm – 7:30pm Harrow Family Health Team 4pm-8pm Kingsville Access County Office	5 – 8:30pm <b>safeTALK</b> CMHA-WECB 1400 Windsor Ave.  2pm – 3:30pm <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	10am – 11:30am <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	5pm – 2am <b>Cainerfest</b> RockStar Music Hall 2418 Central Ave.  9am – 5pm <b>Walk-in Counselling            Clinic</b> Family Services Windsor Essex Windsor Office	5pm – 2am <b>Cainerfest</b> RockStar Music Hall 2418 Central Ave.
15	16	17	18	19	20	21
11am <b>Noah's House Golf            Tournament</b> Fox Glen Golf Club 7525 Howard Ave.  12pm – 8pm <b>Cainerfest</b> RockStar Music Hall 2418 Central Ave.	10am – 4pm <b>Walk-in Counselling            Clinic</b> Erie Shores Health Centre  5:30pm – 7pm <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	Family Services Windsor Essex <b>Walk-In Counselling</b> 12pm – 8pm Windsor Office 3pm – 7:30pm Harrow Family Health Team 4pm-8pm Kingsville Access County Office	2pm – 3:30pm <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	8:30am – 4:30pm <b>ASIST</b> Ciociarro Club 3745 North Talbot Rd.  10am – 11:30am <b>Walk-in Wellness            Group Sessions</b> Family Services Windsor Essex	9am – 5pm <b>Walk-in Counselling            Clinic</b> Family Services Windsor Essex Windsor Office	6pm – 1am <b>Rock Your Sole: The            Final Tour</b> The Hangar, CHAM 2600 Airport Rd.  7pm – 9pm <b>"Last Call" Film            Premiere</b> Chrysler Theatre



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22	23	24	25	26	27	28
	<p>10am – 4pm <b>Walk-in Counselling Clinic</b> Erie Shores Health Centre</p> <p>5:30pm – 7pm <b>Walk-in Wellness Group Sessions</b> Family Services Windsor Essex</p>	<p>Family Services Windsor Essex <b>Walk-in Counselling</b> 12pm – 8pm Windsor Office</p> <p>3pm – 7:30pm Harrow Family Health Team</p> <p>4pm-8pm Kingsville Access County Office</p>	<p>2pm – 3:30pm <b>Walk-in Wellness Group Sessions</b> Family Services Windsor Essex</p>	<p>10am – 11:30am <b>Walk-in Wellness Group Sessions</b> Family Services Windsor Essex</p> <p>4:30pm – 7pm <b>The Truth About Buying Your First Income Property</b> Holiday Inn Express 33 Riverside Dr. E.</p>	<p>8:45am – 4:30pm <b>Suicide to Hope</b> CMHA-WECB 1400 Windsor Ave.</p> <p>9am – 5pm <b>Walk-in Counselling Clinic</b> Family Services Windsor Essex Windsor Office</p>	
29	30					
<p>8:30am-11:30am <b>Suicide Prevention Awareness Month Walk</b> St. Clair College Sportsplex 2000 Talbot Rd. W.</p>	<p>10am – 4pm <b>Walk-in Counselling Clinic</b> Erie Shores Health Centre</p> <p>5:30pm – 7pm <b>Walk-in Wellness Group Sessions</b> Family Services Windsor Essex</p>					