



December 2017

Happy Holidays!

How to Join:

→ The Pottle Centre is a drop-in social centre. You must be a member to take advantage of all the great things we have to offer. If you decide to join the centre, you **MUST** call **Leanne or Katie at 753-2143** and make an appointment. You must be 19 years of age or older and a consumer of mental health services. For more information, please contact us.

Upcoming Events:

-The calendar on the opposite side has all activities listed but please note the dates and times when the centre is NOT open. We are closed during Christmas week.
-We are selling tickets for Christmas parties (meal and gift included). Tickets are \$5.00 each and money is refunded after you attend the event.

Meal Program :

Our meal program will be one free lunch a week and one free breakfast. Please note the days and times that this program is offered. Breakfast is **9:30 until 10:30** and the lunch time is between **noon and 1 pm**. Meals will be served for one hour time frame only. We will not save meals for people who cannot be here for meal time and we will not offer a take-out service.

Attendance:

→ Please remember to sign up for special events and if you sign up please show up. **If you plan on going with us on an outing, you must be here 15 minutes before we are set to leave.** Thanks ☺

The Pottle Centre is now accepting resumes and expressions of interest to sit on our Board of Directors. If you have an interest in Mental Health and would like to donate your time to a great community service, please consider sending us your information to the following email address: pottlecentre@nf.aibn.com

The Pottle Centre ▪ PO Box 5321 ▪ Stn C ▪ St. John's ▪ A1C 5W2 ▪
Office Line is 753-2143 Member Line is 753-9964
www.pottlecentre.org Follow us on Twitter @ThePottleCentre

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