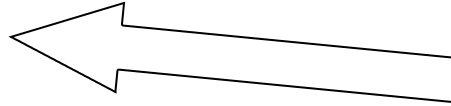


Mental Health Association in Essex County Inc.
6096 RTE 9N Westport, NY 12993
518-962-2077/518-585-9072

PLEASE CALL FOR
PICKUP IF YOU ARE
INTERESTED IN
ATTENDING ANY OF
THESE EVENTS BY EACH
MONDAY!

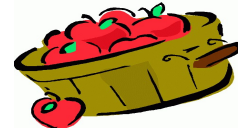


OCTOBER 2018

CALENDAR OF EVENTS

Autumn is a second Spring when every leaf is a flower

October 3rd — Rulf's Orchard, Peru NY



- **Apple Picking on your own! 1/4 peck \$3, 1/2 peck \$5, 1 peck \$8**

October 9th — Stand Up 2 Stigma Conference, Plattsburg NY

- **8:30-4:00pm Lunch provided**

October 17th — Harvest Festival, Westport Center

- **Chili, Beef stew, Cornbread! Caramel Apple Making**
- **Games, and prizes! Enjoy the fall festival with us!**



October 19th — Ticonderoga Center

- **Men's Gathering**

October 24th — Westport Center

- **Native American Medicine Wheel**

October 26th — Ticonderoga Center

- **Woman's Support Group**

October 31st — Ticonderoga Center



- **Mental Health and Halloween : Mental Illness is not a Halloween Costume**