



GROUP SERVICES—COMMUNITY CONNECTIONS: Housing & Support

Contact us for further information or to sign up for a group 519-371-2390

September 2020



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1 Come learn about the CMHA Garden 11:00 - 12:00 Pickleball at the office 5:00 - 6:00	2 Colouring at the Tom Thomson Pavilion 1:30 - 3:00	3 Greenwood Cemetery walking Tour # 1 1:30 - 3:30 pm (meet at the entrance to Harrison Park)	4 Chair Yoga At CMHA Garden 11:00 - 12:00 Bocce Ball at Lutheran Church 2-3pm	5
6	7 Labour Day Office Closed	8 Pickleball at the office 5:00 - 6:00	9 Trivia Challenge at CMHA Garden 11:00 - 12:00 Sketching at the harbour 2 - 3pm	10 Wiidosendiwag walking toward truth and reconciliation tour 1:30 - 3:30pm (meet at Kelso)	11 Chair Yoga At CMHA Garden 11:00 - 12:00 Hike with Jim Merle Gunby Loop	12
13	14 Washer toss at CMHA Garden 11:00 - 12:00 Conversation Café Alexandra Park 2 - 3pm	15 Bike Hike 2-3:30 pm Pickleball at the office 5:00 - 6:00	16 Recovery Starts Now! Poetry book launch at CMHA Garden 11:00 - 12:00 Mindful breathing at Georgian Shores Labyrinth 2 - 3pm	17 Greenwood Cemetery walking Tour # 2 1:30 - 3:30 pm (meet at the entrance to Harrison Park)	18 Chair Yoga At CMHA Garden 11:00 - 12:00 Music/Poetry in the CMHA Garden 2 - 3:30pm (Bring a blanket/lawn chair)	19
20	21 Sketching at CMHA Garden 11:00 - 12:00 Downtown Photography Challenge 2 - 3pm meet at Carney Lane crosswalk	22 Pickleball at the office 5:00 - 6:00	23 "Name that movie" at CMHA Garden 11:00 - 12:00 Conversation Café Ryerson Park 2 - 3pm	24 Greenwood Cemetery walking Tour # 3 1:30 - 3:30 pm (meet at the entrance to Harrison Park)	25 Chair Yoga At CMHA Garden 11:00 - 12:00 Hike with Jim Palisades	26
27	28 Croquette at CMHA Garden 11:00 - 12:00	29 Pickleball at the office 5:00 - 6:00	30 Mindful Breathing at CMHA Garden 11:00 - 12:00	1 Guided Imagery for Relaxation at the Harbour 2 - 3pm	2 Chair Yoga At CMHA Garden 11:00 - 12:00 "Name that Tune" at Lutheran Church 2 - 3pm	3