

Connecting with others ...

Groups in the Barclay Room (left side door at the Owen Sound Police Station.)

All groups 2:00 to 3:00 pm.

March 1st ~ Scattergories Game ~ Play this word game with others.

March 8th ~ Loneliness & the Pandemic ~ chat with others about your concerns & share helpful tips to get through these unique times.

March 15th ~ "Book Club" discussion ~ For those who have been reading "Horseshoe to Gumshoe", we will meet together to share opinions about the book.

March 22nd ~ Scams & Frauds ~ Officer Jason Cranny will speak about current frauds to be aware of. Bring your questions.

March 29th ~ Men's Group ~ Faith and Spirituality; Join others in a safe space to talk about faith and what helps you get through tough times.



Touchpoint Tuesday's March 2, 9, 16, 23 & 30 If you're having a difficult time and feeling stuck at home...We have some ideas. Give Kathy or Angela a call to connect.

Creativity for the Mind and Soul

Following Groups will be held at the Boardroom at 1101 2nd Ave East above the Boot and Blade. Book a timeslot for either 11:00 - 12:30 OR 1:30 - 3:00 (call if you would like a one of the following as a take home craft kit)

March 10 ~ Beading Bookmarks with Susan

March 17 ~ Conversation Café ~ Luck and all things Irish

March 24 ~ Creative Art Project for "Letting Go of the Small Stuff" Share ways to not let things bother us and embrace the good things in life.

March 31 ~ Easter Craft with Grace, easy craft for all levels.

Music Group ~ 1:30 to 3:00, watch 2 music documentaries on famous entertainers at 1024 2nd Ave East

March 12 ~ Rolling Stones - A Trip across Latin America

March 26 ~ Dolly Parton: Here I am

Wellness

Chair Yoga at Community Connections Office, **March 5, 12, 19 and 26 at 11:00 am**
Max of 5 in-person participants at a time. **BUT **Also available to do at home via ZOOM!**
Call to register for either.



Snowshoe & Walk 1:30 - 3:00:

March 4 ~ Kelso Beach

March 11 ~ McArthur Park

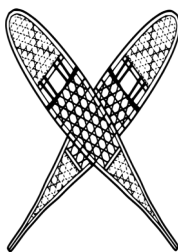
March 18 ~ St George's Park

Walk 1:30 - 3:00:

March 25 ~ Nine Bends Trail

April 1 ~ Harrison Park

please dress for the weather and bring water to drink.



Mental Health in the Media with Karen ~ Fri, March 19th at 1024 2nd Ave East, 1:30 - 3:00; come with a celebrity you know about in mind and talk about their mental health challenges/successes

Colouring for Relaxation ~ March 5th at 1024 2nd Ave East, 1:30 - 3:00; we have the supplies or bring your own to work on.

Social /Recreational Activities



"Puck Pigs" HOCKEY
(players only at this time) **Tuesday afternoons in March** Meet at the office at 2pm for rides

Learning about Maple Syrup ~ Sat, March 27th at either **1:00 pm OR 3:00 pm**

Join us as we watch some videos on how maple syrup is made and the different products they sell. A chance to taste some syrup!



MARCH 2021

Program Descriptions

GROUP SERVICES

COMMUNITY CONNECTIONS



Please call Kathy (ex 230) or Angela (ex 233) at 519-371-2390

We are a Community Mental Health Program which offers skill based and social recreational groups for adults.

Safety protocols are in place, call for

A program of **CMHA Grey Bruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.

*****Remember weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating at your own risk.**