


# November 2022

**Group Services– CMHAGB:**  
 Contact us for further info, or to sign up for a group call  
 Kyle (ext. 1330) or Shawna (ext. 1334) at 519-371-3642



Mon	Tue	Wed	Thu	Fri
	<p><b>1</b></p> <p><b>Rob's Movie &amp; Trivia: Dirty Dancing At Union Place 1:30—3:30pm</b></p>	<p><b>2</b></p> <p><b>Healthy Kitchen: Taco Wednesday At Union Place 1:30—3pm</b></p>	<p><b>3</b></p> <p>X-mas Workshop with Union Place 11—12pm</p> <p><b>Let's Talk: Building Confidence 1:30—3 Above Boot &amp; Blade 1101 2nd Ave East</b></p>	<p><b>4</b></p> <p><b>Yoga with Kathy Central West Side Church 11– 12</b></p> <p><b>Hike with Jim: *signup required* 1:15pm @ housing office</b></p>
<p><b>7</b></p> <p><b>Meet N' Greet @ Fresh Roots Café 11 to 12</b></p> <p><b>Mandala Craft 1:15—3:15pm At the Library</b></p>	<p><b>8</b></p> <p><b>Hockey Group 2:00—3:30 Julie McArthur Arena</b></p>	<p><b>9</b></p> <p><b>Remembrance Day Poppy Painting At Union Place 1:30—3pm</b></p>	<p><b>10</b></p> <p><b>Conversation Café: Remembering our Veterans 11—12pm Above Boot &amp; Blade 1101 2nd Ave East</b></p>	<p><b>11</b></p> <p><b>Remembrance Day Cenotaph Meet at housing office at 10:30</b></p>
<p><b>14</b></p> <p><b>Colouring For Relaxation 11—12 pm Above Boot &amp; Blade 1101 2nd Ave East</b></p>	<p><b>15</b></p> <p><b>Hockey Group 2:00—3:30 Julie McArthur Arena</b></p>	<p><b>16</b></p> <p><b>Games Day: Pool &amp; Classic Board Games with Union Place 1:30– 3</b></p>	<p><b>17</b></p> <p>X-mas Workshop with Union Place 11—12pm</p> <p><b>Aromatherapy / Stress relief Craft 1:30—3pm 1101 2nd Ave East</b></p>	<p><b>18</b></p> <p><b>Yoga with Kathy Central West side Church 11-12</b></p> <p><b>Karaoke with Jackie at Union Place 1pm</b></p>
<p><b>21</b></p> <p><b>X-mas Workshop with Union Place 11—12pm</b></p> <p><b>Healthy Kitchen: Homemade Spices at St. Andrews Church *Signup Required* 1:30 to 3pm</b></p>	<p><b>22</b></p> <p><b>Hockey Group 2:00 - 3:30 Julie McArthur Arena</b></p>	<p><b>23</b></p> <p><b><u>No Groups Today</u></b></p>	<p><b>24</b></p> <p><b>Let's Talk: Holiday Budgeting 1:30—3pm Above Boot &amp; Blade 1101 2nd Ave East</b></p>	<p><b>25</b></p> <p><b>Collingwood Thrifting Trip 10am to 2pm *Limited Spaces* Please sign up</b></p>
<p><b>28</b></p> <p><b>Meet N' Greet @ Fresh Roots Café 11—12pm</b></p>	<p><b>29</b></p> <p><b>Photography Sharing Group 1:30 to 3pm Boardroom at 1024 2nd Ave East</b></p>	<p><b>30</b></p> <p><b>Documentary &amp; Popcorn Afternoon 1:30 to 3:30 pm Boardroom at 1024 2nd Ave East</b></p>		