



**Canadian Mental
Health Association**
Grey Bruce
Mental Health and Addiction Services



DECEMBER 2022

GROUP SERVICES



Teams Offices: 425 10th St. Hanover, ON Unit 8, N4N 1P8

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | | | 1 10:00–11:30 Crafting Workshop | 2 1:30-3:00 Games Afternoon |
| 5 10:00–12:00 Rise N Shine Card Making | 6 1:30-3:00 - Bazaar Preparation | 7 Christmas Store Trip to Owen Sound 9:00 Meet at The Loft | 8 Christmas Bazaar in Owen Sound Leave Teams Office 7:30 am | 9 No Group Today |
| 12 10:00–11:30 Rise N Shine 1:30-3:00 Papier Mache | 13 1:30-3:00 Needle Point Coasters with Diana Meet at Teams Office Front Boardroom | 14 No Group Today | 15 10:00–11:30 Sjoelen (Dutch Shuffleboard) | 16 1:00 3:00 Kitchen Social Meet at St. Matthew's Church 356 9th St, Hanover |
| 19 10:00–12:00 Rise N Shine That's a Wrap! Gift Wrapping Social | 20 10:00 Five-Pin Bowling Mount Forest Bowling Centre Meet at Teams Office -\$10 | 21 No Group Today | 22 10:00–11:30 Holiday Breakfast | 23 No Group Today |
| 26 No Group Today | 27 No Group Today | 28 No Group Today | 29 10:00–11:30 Creative Journaling | 30 1:30-3:00 New Year Cheer! Three Layer Nacho Dip |

Please sign up for activities

Call Verity 519-371-3642 Ext-2001 to sign up or with any questions

Wearing a mask during groups is encouraged

ACTIVITY GUIDE

Crafting Workshop

Gather together for crafting and conversation. Get a head start on creating a collection of homemade holiday gifts or bring your own project.

Papier Mache Sculpture

Meet for ongoing sessions of papier mache sculpture. Transform wire, paper, flour and water into imaginative figures

Games Afternoon

Let the games begin! You are invited to join in a selection of games, including Scrabble, Skip-bo, Apples to Apples and card games as a small group.

Rise N Shine

A positive start to the week. Come for adult colouring, word searches, puzzles and conversation.

Needle Point with Diana

Learn how or improve your needle point skills while creating coasters with Diana. Beginners welcomed!

Sjoelen

Join us for a game of Dutch shuffleboard! Slide disks across a two meter tabletop board to win with high scores.

Kitchen Social

Meet up at St. Mathew's Church to bake and enjoy some delicious treats together. Meet at 356 9th St, Hanover.

Bowling

A game of five-pin bowling in Mount Forest. Meet at Teams Office for a ride. \$10.00 (Includes shoe rental)

Creative Journaling

Experiment with different creative journaling practices. Express yourself through drawing, collage, list making, painting, poetry or whatever works for you.

New Year Cheer

Let's celebrated the good things that happened in 2022 and share positive intentions for 2023! Make a triple layer nacho dip for festivities on the 31st.

DECEMBER 2022

GROUP SERVICES

Hanover



Group Services offer social recreation and life skill-based activities for adults, including games, wellness talks, culture, fitness and artistic expression. Join us to create community, develop skills, and share your strengths with an inclusive group.

Please Call Verity with any questions.
519 371-3642 (ext:2001)