




September 2023

Some groups will be held in the teams office boardroom through September

The Loft Hours: Monday-Friday 8:30am-4pm
Please call to sign up for groups 519-371-3642 ext 2000
 Reminder to please stay home if feeling unwell

M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
4 <u>Loft Closed</u>	5 Social Drop-in 10-12pm At the team's office Mental Health Walk in clinic Loft 1-3pm	6 Catan Board Game A game of settlers and strategies 1-3pm At the team's office	7 <u>Loft Closed</u>	8 <u>Loft Closed Fridays</u>
11 Craft: Beaded sun catchers 1-3pm At the team's office	12 Shop around town 9:30am Mental Health Walk in clinic Loft 1-3pm	13 Coffee at Heritage square 10-11am	14 Campfire in Markdale Meet at the Loft 3:30pm \$5.00 Cost	15
18 Recovery College Conflict Resolution & Problem Solving 1:30-3:30 *Call ahead to register*	19 Social Drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	20 Craft: DIY pet toys 1-3pm At the team's office	21 Mindfulness and Journalling 10-11am	22
25 Craft: Fun with macrame (different craft options for all skill levels) 1-3pm	26 Breakfast 10-12pm \$3.00 cost Mental Health Walk in clinic Loft 1-3pm	27 Luna the Therapy Dog & Social Drop in 10-12pm	28 <u>Loft Closed</u>	29 

Who are we?

The Canadian Mental Health

Association (CMHA) Grey Bruce Branch, is part of a national not-for-profit organization with approximately 135 branches. The CMHA, founded in 1918, is one of Canada's oldest voluntary associations and is the only one that deals with all aspects of mental health and mental illness.

Our Vision

A community which values human dignity and in which each person is supported in achieving optimum mental and emotional health and well being.

Our Mission

To provide programs and services that support the resilience and recovery of people experiencing mental disorders and to enhance, maintain and promote the mental and emotional health of all individuals in Grey and Bruce county.

Our Core Values

We value:

1. Consumer-centred programs and services
2. Accountability in delivery of service
3. Innovation in program design and implementation
4. Collaboration through partnerships
5. A holistic approach

*And we celebrate diversity
and a sense of belonging
in the community*

The Leisure Links Program is a social, recreational program of the CMHA. This program provides opportunities for people with mental health issues to meet others in an informal, relaxed and friendly environment.

Social interaction with others and assistance to connect with activities within the community is also available through the Leisure Links Program.



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

The Loft



September

2023

**Social Recreation &
Rehabilitation Site
290 10th street,
Hanover ON N4N 1P2**

www.greybruce.cmha.ca

519-371-3642 Ext 2000

(Shawna's ext 2002)

1-888-451-2642