

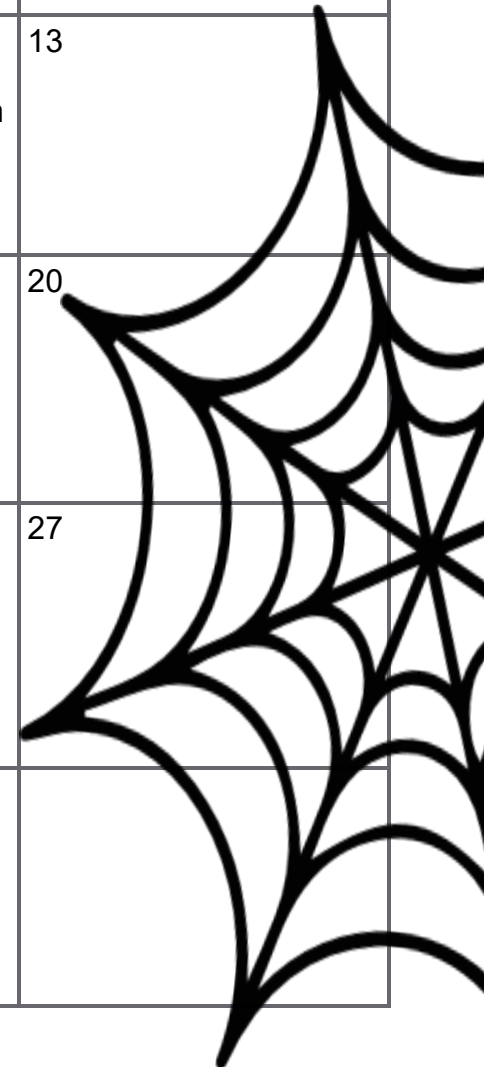


October 2023

Some groups will be held in the board room at the
CMHA Teams Office, 425 10th St , Unit 8

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
2 Recovery College Class #2 1:30-3:30pm National Day for Truth and Reconciliation—Take time in your day for reflection	3 Social Drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	4 Owen Sound Thrift Shopping Trip & Fresh Root's Café for Lunch Meet at the Loft at 9:30am	5 Thanksgiving Lunch 11-1:30pm \$3.00	6
9 <u>Closed for Thanksgiving</u>	10 Mindfulness & Journaling 10-11am Mental Health Walk in clinic Loft 1-3pm	11 Halloween Craft 1-3pm At the Teams office	12 Social Drop-in 10-12pm	13
16 Pumpkin Patch 10:30am meet at the Loft	17 Soup Lunch \$2.00 10:30-12pm Mental Health Walk in clinic Loft 1-3pm	18 Pumpkin Carving & Pumpkin Painting 1-3pm At the teams office	19 <u>Loft Closed</u>	20
23 Recovery College Class #3 1:30-3:30	24 Mental Health Walk in clinic Loft 1-3pm	25 Luna the Therapy Dog & Social Drop in 10-12pm	26 Halloween Party at the Launch Pad 1-3pm	27
30 Catan Board Game 1-3pm At the Teams office	31 Halloween Movie and Snacks 1-3pm Vote will be held for which movie we watch!			



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



October

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