





November 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Social Drop-in & Calendar planning 10-12	2 Craft making for Christmas Party Craft Table 1-3pm	3
6 Comic strip making 1-3pm	7 Mindfulness and journaling 10-11am Mental Health Walk in clinic Loft 1-3pm	8 Craft making for Christmas Party Craft Table 1-3pm	9 Social Drop-in 10-12pm	10
13 Recovery college #4 <u>10-12pm</u> *notice class is in the morning, not the usual afternoon time today*	14 Catan Board Game 10-12pm Mental Health Walk in clinic Loft 1-3pm	15 Lets make lunch: Stir-fry \$3.00 11-1pm	16 Social Drop-in 10-12pm	17
20 Documentary and popcorn 1-3pm	21 Secret Santa Draw & Let's make soup \$2.00 10:30-12:30pm Mental Health Walk in clinic Loft 1-3pm	22 Christmas Shopping Local Thrift Shops 12:30pm meet at Loft	23 Personalized Christmas Gift Making 1-3pm	24
27 Recovery college #5 1:30-3:30pm	28 Boardgames and card games 10-12pm Mental Health Walk in clinic Loft 1-3pm	29 Luna the Therapy Dog & Social Drop in 10-12pm	30 Craft making for Christmas Party Craft Table 1-3pm	

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



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

www.greybruce.cmha.ca

519-371-3642 Ext 2000