



CMHA Grey Bruce

{519} 371-3642

The Chatter

February 2024

Chatter email
Unionplacechatter
@gmail.com



Crokinole
One of the
many
Games
we enjoy.



Our brave walking group
 have got
 involved with
**Owen Sound Snowen
 Sound Frolics 2024**



Snowen Sound Frolics is a family-friendly experience that allows residents and visitors to explore a variety of Owen Sound’s natural and built amenities. The event begins on Thursday, February 1, and runs to the end of the month, highlighting various outdoor landmarks throughout the city.

How it works:

1. Follow Owen Sound Tourism on Facebook and Instagram.
2. Look out for weekly riddles on their pages.
3. Solve the riddle, find the spot, and take a selfie with the Snowen Sound Frolics sign at the location.
4. Share your selfie with #SNOwenSound2024 (must be public!) for daily giveaways.
5. Find all signs, arrange in order, and tag us for your chance to win!

Those who share photos from all #SnowenSound locations will be entered for a chance to win one of two Grand Prizes valued at \$500 each.

The winners will be announced after the four-week campaign. Additional weekly giveaways will take place for those who like, comment on, and share their photos throughout the campaign.

Bonus giveaways will be announced over Family Day week-end. Additional information is available on the City’s Tourism Website.

[Owen Sound Tourism, Events, & Attractions](#) This link opens in a new window



February Happenings At Union Place by Pat Redin

On Feb. 1st, some U.P. members tasted all different kinds of candy. Patti Bell brought in quite a few unusual ones. On the 2nd, we were treated to delicious pancakes and a comedy called Groundhog Day - go figure, eh?

On Monday the 5th, we took a shopping trip to Heritage Mall. The next day, a couple of us watched a Mel Robbins podcast & were given work-booklets on how to change our lives - in 2024 and beyond.

We had lots of prizes for Bingo on the 7th & it was fun. On the 9th we had Valentine Card making & a craft. On the 13th, we did valentines' paintings & they turned out well. Kyle gave us some sheet prompts on self-love & asked us to write encouraging letters to ourselves on the 14th & we later enjoyed delicious deese-cakes & beverages. Our slight ride was postponed to March 21st because of snow squalls. Monday was Family Day, but we had Mindful Breathing with Peter on Tuesday. Some new people joined us for Crokinole on the 21st & we went to Harrison Park to look for snowcraft clues & then had hot chocolate at the Inn. We're having a monthly b-day party at 1:30 pm on the 29th of Feb.

Those wonderful free brunches are made by many.

However Emily and April are doing it and show us the love and laughter put in.



James big win!



Words from clients: "I have found Union place saved my life"

Words from clients, "The laughter, the friendship is so rewarding."

Union Place Service Description:

Drop-in centre providing social and recreational programs and brunch for people with mental illness

Community Leisure Access (CLA) - One-to-one support for people who are interested in becoming involved

with leisure and social activities in their community

Group social recreation program available to people who would like social interaction with others and assistance to connect with activities in the community

Words from clients."

"Sometimes you just need to talk to somebody "

Words from clients." Do not know what I would do with out Union Place. "

Family Day

Family Day is a great way to bond, and be fond of life and family.

Commitments .

When family is sick go on a small trip, watch tv, go on a shopping spree.

To find ways take the dog to the park.

Find ways to get along even when things go wrong.

Flock together like birds of a feather.

When things go smooth get in the grove. Happy wife and all
happy life.

Thank Em

By Rob Appleby



“Attitude is a little thing that makes a big difference.”

—Winston Churchill



Because of their wonderful generosity we are able to provide brunch
Monday—Friday at 10-11am

462 brunches served this month February 1-27th

St. Andrew's Church

St. Andrew's Church has provided us with more delicious sandwiches again this month. We were also the recipient of some fresh home-made biscuits. Mmm mmm good.



St. Mary Church

For donations towards our brunch program. Thank you for the cereal , yogurt, fresh produce, baking supplies and so much more!



Pat Reain

3 days a week box of Tim-bits + money

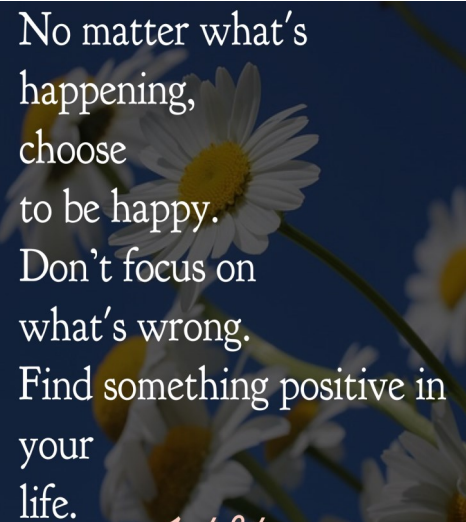
Rachel's corner

As we are spending so much time in our house enjoy

Found in the Home

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S	H	R	Y	M	I	C	R	O	W	A	V	E	C
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R	R	K	T	H	R	O	W	R	U	G	O	R	E
T	N	I	C	B	T	N	H	O	N	K	V	A	T
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U	Y	N	R	O	E	O	Y	A	O	C	U	R	V
K	N	I	S	M	C	I	M	E	H	V	S	D	E
W	K	H	Y	O	R	P	T	U	R	K	E	N	Y

RUGS
TABLES
DRYER
KITCHEN
CELLAR
MICROWAVE
SINK
OVEN
STUDY
CARPET
FAMILYROOM
FURNITURE
CLOSETS
WASHER
HOUSE
THROWRUG
STOVE
PANTRY
BEDROOM
GARAGE



No matter what's
happening,
choose
to be happy.
Don't focus on
what's wrong.
Find something positive in
your
life.
— Joel Osteen —

Play this puzzle online at : <https://thewordsearch.com/puzzle/280/>

Once you replace negative thoughts with positive ones, you'll start having positive results." —Willie Nelson



The Great True Spirit on Thought Stoppage Continued

Julia Vukovic

Focus on the stop sign whenever something negative is ruminating in your mind.

You have the power to stop it. You need the Great True Spirit to help you. He understands you inside and out and in every aspect of your life. When you go over the same thing in your mind over and over again it's called worry--it can develop

into anxiety. You can stop it by focusing on something positive about yourself and

by repeating something positive over and over and over again, such as I am loved,

or I am good, I am smart...until it has sunk down into your heart and you know it and

Listen to your inner thoughts. What are you thinking about--write it down. Redirect

your focus--know that you have the power. Never give up on yourself. You are strong

and have power and ability to quieten your mind and see your thoughts and later

alter them. The fight is fought in your brain. You can be the victor. Tell yourself I have victory--I am victorious! You are an honour student in this classroom called

Earth. You have brilliance in you--each and every one of you.

Sometimes it helps to have a small meal and then to have a nap until you feel better.

It may take a lot of practice to quiet your mind and to get it on a positive train of thought.

Tell yourself to STOP. Focus on the sign. Never give up on yourself. You can do this!









By Julia Vukovic

S.O.S Clinics

March 2024



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|---|----------------------------------|---|------------------------------------|
|  | Owen Sound
OSHaRE 1-3pm |  | Stone Tree
1-3pm |
|  | Hanover Civic
Centre 1-3pm |  | Durham Knox United
Church 1-3pm |
|  | Owen Sound
Safe n Sound 1-3pm |  | Meaford Library
10-11am |

S	M	T	W	T	F	S
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3	4	 5	 6	 7	8	9
10	 11	 12	 13	14	15	16
17	18	 19	 20	 21	22	23
24	25	 26	 27	28	29	30
31						

Call / Text : 519 - 379 - 8743
 Email : sos@cmhagb.org
 Monday - Thursday 8:30am - 6:00pm



Canadian Mental
 Health Association
 Grey Bruce
 Mental Health and Addiction Services



CALL FOR ABSTRACTS!

The Fifth Biennial International Conference on Paediatric Acquired Brain Injury

18 - 21 September 2024

Glasgow, Scotland, UK

Conference Overview

The International Paediatric Brain Injury Society (IPBIS) is pleased to announce that the Fifth Biennial International Conference on Paediatric Acquired Brain Injury will be held in Glasgow, Scotland, from 18-21 September, 2024. As the leading international conference on the topic of paediatric brain injury, this event builds on the success of IPBIS's prior conferences held in Liverpool (2015), Rome (2017), Belfast (2019), and New York (2022). With the theme Building a Better Future Together, this Conference will focus on the development of innovative treatments, rehabilitation programmes, support mechanisms and ways to improve the lives and potential of young people affected by brain injury. The educational programme will be inclusive of all issues relating to paediatric brain injury, both traumatic (e.g., external physical force injuries, penetrating injuries) and atraumatic (e.g., infectious diseases, tumours, stroke, neurotoxic poisonings, etc.).

Call for Abstracts

The abstract portal is now open. The submission deadline is Monday, 15 April 2024 at midnight. IPBIS encourages the submission of original paediatric brain injury research and/or effective approaches in clinical practice for presentation at the Congress. Abstracts accepted for presentation will be published in the journal, *Brain Injury*.

[Submit an Abstract](#)

Good Sam's Coffee House

4th Monday of the month

7- 9pm

TheXchange @ 825 2nd Ave E

across from Owen Sound City Hall

☞ 2024 Schedule ☜

Feb	26	July	22
March	25	Aug	26
April	22	Sept	23
May	27	Oct	28
June	24	Nov	25
	Dec	16	

Music ~ Food
Come and be part of a fun night!

Good Sam's Coffee House
Code of Conduct

Food and Beverages are free
~ donations welcome ~

Please see one of the musicians
if you want sing or play up front

If you are under the influence of
drugs or alcohol
we regret that you
will not be able to join us

We practice mutual respect of person and
property