



Canadian Mental  
Health Association  
Grey Bruce

Mental Health and Addiction Services

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

# APRIL 2024

## GROUP SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday
1 No Group Today	2 10:00–11:30 Card Making Meet at The Loft	3 No Group Today	4 1:30 -3:00 Kitchen Social Mississippi Mud Meet at The Loft	5 1:30-3:00 Music Appreciation and Chair Dancing Meet at The Loft
8 10:00–11:30 Rise N Shine Member's Meeting	9 1:30 -3:00 Crafting Workshop Monotype prints	10 No Group Today	11 12:00 Cravings Lunch Outing Meet at The Loft	12 1:30-3:00 The Price Is Right Meet at The Loft
15 10:00–11:30 Rise N Shine	16 1:30 -3:00 Creative Journaling	17 No Group Today	18 1:30 - 3:00 Watercolour with Tamara	19 1:30 -3:00 Horticulture Workshop Meet at The Loft
22 10:00–11:30 Rise N Shine Book Club	23 No Group Today	24 No Group Today	25 1:30 - 3:00 Sjoelen with Diana Dutch Shuffleboard Tournament	26 1:30-3:00 Games Afternoon Meet at The Loft
29 10:00–11:30 Rise N Shine	30 1:30 -3:00 Collaborative Painting			

Please call Verity **519-371-3642 Ext-2001** to sign up or with any questions  
The Loft is located at 290 10th Street, Hanover