

April 2024

To reach Stacey at the Dory, call 1-888-451-2642 ext 3001
 Monday - Thursday 8:30-4:30
 Reminder to please stay home if feeling unwell

<i>M o n d a y</i>	<i>T u e s d a y</i>	<i>W e d n e s d a y</i>	<i>T h u r s d a y</i>	<i>F r i d a y</i>
1 Closed Easter Monday	2 Dory North Port Elgin Faith Lutheran Church 11:00-1:00	3 Dory open 11:30 12:00 Lunch \$2.00 1:00 Members Meeting 1:30-3:00 Cards/Games	4 10:00 Coffee/Social Drop In 11:00 Chair Yoga 1:00-3:00 Movie Matinee Popcorn & Movie	5 Closed Fridays
8 10:00-12:00 Coffee/Social Drop In 1:00 Chair Yoga 1:30-3:00 Solar Eclipse Documentary & Eclipse Music/Trivia	9 Dory North Port Elgin Faith Lutheran Church 11:00-1:00	10 Dory open 11:30 12:00 Lunch \$2.00 1:00-3:00 Horse Racing	11 10:00 Walk to Tim's	12 Closed Fridays
15 10:00-12:00 Coffee/Social Drop In 1:00 Chair Yoga 1:30-3:00 Ukulele Group	16 Dory North Port Elgin Faith Lutheran Church 11:00-1:00	17 Dory open 11:30 12:00 Lunch \$2.00 1:00-3:00 Bird Bingo	18 10:00 Coffee/Social Drop In 11:00 Chair Yoga 1:00 Tasting History Betty Crocker Pineapple Upside-Down Cake	19 Closed Fridays
22 10:00-12:00 Coffee/Social Drop In 1:00 Chair Yoga 1:30-3:00 Spring Craft (sign up) Bird Feeders	23 Dory North Port Elgin Faith Lutheran Church 11:00-1:00	24 10:00 Men's Group/Brunch \$2.00	25 10:00 Coffee/Social Drop In 11:00 Chair Yoga 1:00 Pet Therapy 1:00-3:00 Manicures (sign up)	26 Closed Fridays
29 10:00-12:00 Coffee/Social Drop In 1:00 Chair Yoga 1:30-3:00 Ukulele Group	30 Dory North Port Elgin Bowling (sign up \$10) Sunset Family Fun Centre 4:00-6:00pm			

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 Dory 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 Dory



April

2024

**Social Recreation &
Rehabilitation Site**

**865 Queen Street,
Kincardine, ON**

www.greybruce.cmha.ca

1-888-451-2642 Ext 3001