



Group Services – CMHAGB:
 Contact us for further info, or to sign up for a group call
 Kyle 519-371-3642 (ext. 1330)

April 2024

M o n	T u e	W e d	T h u	F r i	
1 <u>Easter Monday</u> <u>Closed</u>	2 Colouring and Coffee @ Union Place 10:30am Hockey Group 2:30 - 4pm	3 7 Dimensions of Wellness Discussion @ Union Place 11 am Conversation Café: Positivity in our Lives @ Union Place 1:30pm	4 Yoga @ Georgian Waters Studio 10 - 11am Crafting Pinhole Solar Eclipse Viewers @ Union Place 1:30pm	5 Meet N' Greet @ CMHA 10:30 - 11:30am	
8 Meet N' Greet St. Francis Place 10:30 - 11:30am Solar Eclipse Viewing Meet @ Union Place 2pm	9 Gentle Fit @ Union Place 10am Hockey Group 2:30 - 4pm	10 7 Dimensions of Wellness Discussion @ Union Place 11am Photography Group: Capturing Spring Meet @ Union Place 1:30pm	11 Yoga @ Georgian Waters Studio 10 - 11am	12 Meet N' Greet @ CMHA 10:30 - 11:30am Movie Trilogy: The Dark Knight Rises @ Union Place 1pm	
15 Meet n' Greet St. Francis Place 10:30 - 11:30am	16 Healthy Kitchen @ St. Andrews 12 - 2pm Hockey Group 2:30 - 4pm	17 Trip to YMCA with Metis 10:30 - 12pm	18 Yoga @ Georgian Waters Studio 10 - 11am Program Planning: Share Group Ideas for Spring 1pm @ Union Place	19 Meet N' Greet @ CMHA 10:30 - 11:30am TED Talk: The study of Happiness @ Union Place 1:30pm	
22 Meet N' Greet St. Francis Place 10:30 - 11:30am Earth Day: Connecting with Nature Meditation @ Union Place 1 - 2pm	23 Gentle Fit @ Union Place 10am Final Hockey Game of the Season 2:30 - 4pm	24 Large Pictionary Game 10:30 - 11:30am	25 Yoga @ Union Place 10 - 11am Music Jeopardy: Test your knowledge of the hits @ Union Place 1:30pm	26 Meet N' Greet @ CMHA 10:30 - 11:30am	
29 Meet N' Greet St. Francis Place 10:30 - 11:30am (Kyle Away)	30 <u>Puck Pigs BBQ</u> <u>Harrison Park 5:30 pm</u> (Kyle Away)				