

## Connecting with Others...

- Join our coffee meet n' greet for an opportunity to meet new and old friends. Located at St. Francis Place (350 10th St. E) on Mondays at 10:30 am and @ CMHA office boardroom on Fridays at 10:30am.

- Take part in our Conversation Café, where we discuss varying subjects, this month we will be discussing positivity in our lives.

- Looking to enjoy a delicious meal or to meet new peers? Then join our Healthy kitchen group running April 16th at St. Andrews Church starting at 12pm. Please call to sign up as space can be limited.

- We are coming together as a group on April 8th to partake in a Solar Eclipse viewing. Meet at Union Place for 2pm.

- We would like to hear your ideas for future groups. Would you like to run a group of your own? Please join in for Program Planning on April 18th at 1pm, located at Union Place.



## Creativity for the Mind & Soul

- Yoga continues April 4th at Georgian Waters Studio, located across from the Boot and Blade Restaurant. Cost is \$2 per session

- Spring is here and what better way to capture the season than by joining our first Photography group of 2024. If you have your own camera or phone join us at Union Place for 1:30 April 10th.

- Try out your drawing skills with our version of Pictionary played on a large whiteboard. Located at Union Place April 24th at 10:30 am

- April 22nd is the official Earth Day for 2024. Join us at Union Place at 1pm for "Connecting with Nature" Meditation. Clear your mind and relax to the sounds and imagery of nature on our beautiful planet.

## Social / Recreational Activities

- Puck Pigs Final Month of Hockey. What a fun season its been and so amazing to see such a great turn out this year. We are celebrating our 35th Anniversary and final game on April 23rd, come on out to cheer on the team and watch some great action.

- Our team will be holding a celebratory Puck Pigs BBQ on April 30th at Harrison Park starting at 5:30pm.



- Let's get moving with some gentle fit this month, this is mainly chair based fitness but you still get a great workout. Join in at Union Place April 9th at 10:30am and April 23rd at 10am.

- We will be concluding our Movie Trilogy with The Dark Knight Rises at Union Place on April 12th starting at 1pm. We would love to hear some suggestions for our next trilogy or series of movies.

- How are your trivia skills? Do you love classic music? Then join us for Music Jeopardy on April 25th at 1:30 pm. Located at Union Place

# April 2024

## GROUP SERVICES



**Please call Kyle  
at (519)-371-3642  
ext# 1330**

We are a Community Mental Health Program which offers skill based and social recreational groups for adults.

**\*Please sign up for groups you wish to attend so you can be contacted if any changes or cancelations occur\***

A program of **CMHA Grey Bruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.

**\*\*\*Remember\*\*\* weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating in Groups at your own risk.**