

May 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

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Awareness Week May 6-12		1 Dory open 11:30 12:00 Lunch \$2.00 1:00 Members Meeting 1:30-3:00 Scattergories Game	2 Dory Closed Today	3 Closed Fridays
6 10:00 Coffee/Social Drop In 11:00 Chair Yoga Act for Change Charity BBQ 1:00-3:30 Hanover (sign up)	7 Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	8 Dory open 11:30 12:00 Lunch \$2.00 <u>Mother's/Women's Day Tea</u> & Chenille Flower Craft	9 10:00 Walk to Tim's Closed in the afternoon Stacey's in Owen Sound	10 Closed Fridays
13 10:00 Coffee/Social Drop In 11:00 Chair Yoga 1:00 Yoga 1:30-3:00 Ukulele Group	14 Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	15 Dory open 11:30 12:00 Lunch \$2.00 1:00-3:00 Prize Bingo	16 10:00 Coffee/Social Drop In 11:00 Chair Yoga 1:00 Yoga 1:30-3:30 Spring Wreath Craft (sign up)	17 Closed Fridays
20 Closed Victoria Day Holiday	21 Stacey's on holidays	22 Stacey's on Holidays	23 Stacey's on Holidays	24 Closed Fridays
27 10:00 Coffee/Social Drop In 11:00 Chair Yoga 1:00-3:00 Join us at the <u>Community Gardens</u>	28 Dory North Port Elgin Is at the Campfire at the Coachhouse in Markdale 11:00-3:00 (sign up)	29 10:00 Men's Group/Brunch \$2.00	30 9:00-10:00 <u>Community Gardens</u> 11:00 Chair Yoga 1:00 Pet Therapy 1:00-3:00 Manicures (sign up)	31

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

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