





May 2024

The Loft Hours: Monday-Friday 8:30am-4pm
Please call to sign up for groups 519-371-3642 ext 2000
 (ext 2002 will also reach Shawna) *Reminder to please stay home if feeling unwell*

M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
		1 Social Drop-in 10-12 Stained glass Craft 1-3pm	2 DIY Mental Health Silk Screen t-shirt 1-3pm *Bring your own shirt*	3 Group Services Ashanti Morning 10-11:30 Drop-in 1:30-3pm At the Loft
6 Mental Health Awareness Week Act for Change Charity BBQ 1-4pm Hanover Playtime Casino	7 Mental Health Awareness Week Mental Health Week Celebration at Heritage Square 12-2pm Mental Health Walk in clinic Loft 1-3pm	8 Mental Health Awareness Week Social Drop-in 10-12 Affirmations Craft 1-3pm	9 Mental Health Awareness Week Lets talk: Compassion 10-12pm	10 Mental Health Awareness Week Group Services Scavenger Hunt 1:30-3pm At the Loft <u>Sign up with Verity</u>
13 Cooking Group Cauliflower Mac and Cheese 11-1pm \$3.00 cost	14 Trail Walk 10am Meet at the Loft Mental Health Walk in clinic Loft 1-3pm	15 Social Drop-in 10-12 Healthy Minds Workshop: Setting and Respecting Boundaries 1-3pm	16 Nature Craft: Animals made from tree bark 10-12pm	17 Group Services Games Afternoon "President" 1:30-3pm At the Loft <u>Sign up with Verity</u>
20 Closed for Holiday	21 Walking group 9:30am Social Drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	22 Social Drop-in 10-12 Bird feeder ornament making 1-3pm	23 Stacked Breakfast Meet at 8:15am at The Loft	24 Group Services Collaborative Painting 1:30-3pm At the Loft <u>Sign up with Verity</u>
27 The Loft Newsletter Editing and Creating 1-3pm	28 Shop-around-town 9:30 am at the Loft Mental Health Walk in clinic Loft 1-3pm	29 Luna the Therapy Dog and Social Drop-in 10-12pm Comic strip making 1-3pm	30 Neustadt Outing 11am Meet at The Loft	31 Group Services Horticulture Workshop— Outdoor Potted Plants 1:30-3pm At the Loft <u>Sign up with Verity</u>

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 Leisure Links Program 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 Loft



May 2024

**Social Recreation &
Rehabilitation Site
290 10th street,
Hanover ON N4N 1P2**

www.greybruce.cmha.ca

519-371-3642 Ext 2000

(Shawna's ext 2002)

1-888-451-2642