

Connecting with Others...

- Join our coffee meet n' greet, 10:30am Monday and Fridays, for an opportunity to meet new and old friends. New Monday location is at the Metis Office, located @ 1198 2nd Ave East. Call for directions. Friday location is at the CMHA office.

-We are continuing this month with our Conversation Café group, this month we will be discussing Nostalgia and fond memories from the past on May 14th 10am @ Union Place

-Sign up for our Healthy Kitchen program on May 14th at the St. Andrews church from 12 - 2pm. Come and help cook a delicious meal that we enjoy as a group.

-Interest in the game of Cribbage has grown amongst the group, come join a cribbage tournament on May 21st at 10:30am located at Union Place

Creativity for the Mind & Soul...

-Yoga continues into the Spring on May 9th. Join the group for class hosted by Kathy @ Georgian Waters Studio, located across from the Boot & Blade Restaurant. Cost is \$2 per session

- We are continuing our photography group May 22. Join in on a photography scavenger hunt down at Harrison Park. Digital cameras are available to use. Please sign up for a ride to the park, meet at Union Place 1:30pm

Exploring Creativity with Anne:

-Join our peer lead group for the month of May with our host Anne as she walks us through different ways of tapping into our creative side.

This will be running for 4 weeks every Wednesday morning starting May 8th. Each week will explore different aspects of creativity, week 1 vision boards, week 2 Science of manifestation, week 3 Drawing and sketching and week 4 exploring colors with paint, pastels, etc. By exploring different aspects of creativity Anne will help give a new perspective when approaching problems and challenges. All materials will be provided to the group.

Social / Recreational Activities

- With hockey season at its end we are looking to the next big weekly sport. Join us for baseball this spring and summer. Games will begin in June but we will be inviting all players to an initial meeting and practice up at the Community Gardens, located at the bottom of 10th street hill east, on May 21st at 2:15pm.

- Our hiking group is back and in full swing starting May 10th. All hikes are lead by our certified hiking guide. Most of our hikes are of a moderate difficulty. Proper footwear is required. Please call to sign up and reserve your spot as space is limited for rides.



May 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.**