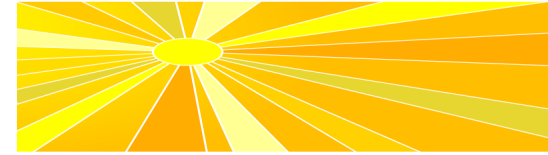




Canadian Mental Health Association
 Grey Bruce
 Mental Health and Addiction Services

JUNE 2024

GROUP SERVICES



Teams Offices: 425 10th St. Hanover, ON Unit 8, N4N 1P8

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00–12:00 Rise N Shine	4 10:00 - 12:00 - OPOC Survey Creative Journaling	5 No Group Today Loft Drop-in 10:00-12:00	6 No Group Today	7 No Group Today
10 10:00–12:00 Rise N Shine Members Meeting	11 10:00 Trail Walk Meet at the Loft 1:30 -3:00 Goal Club	12 No Group Today Loft Drop-in 10:00-12:00	13 10:00 Walkerton Trip Meet at the Loft	14 10:00 -12:00 - Breakfast Club Meet at the Loft \$3.00 1:00- 3:00 Euchre Tournament Meet at the Loft
17 10:00–12:00 Rise N Shine Guess Who? Pictures from when we were babies.	18 1:00 - 3:00 Horticulture Workshop - DIY Flower Press	19 No Group Today	20 10:00–11:30 Coffee at Heritage Square Meet at Heritage Square	21 10:00- Swimming at the P&H Centre \$6.50 Meet at the Loft 1:00- 3:00 Kitchen Social Mini Mason Jar Cheesecake Meet at the Loft
24 10:00–12:00 Rise N Shine Diamond Art	25 9:30 Inside Out 2 Meet at Paramount Theatre \$6.00 - ticket \$13.00 + small pop and popcorn	26 No Group Today Loft Drop-in 10:00-12:00	27 Campfire at the Coach House Meet at the Loft at 10:00	28 No Group Today



Please call Verity (519) 371-3642 ext:2001 to sign up or with any questions.
 Remember water and sunscreen for outdoor events.

ACTIVITY GUIDE

Rise N Shine

A positive start to the week. Come for coffee, adult colouring, word searches, puzzles , games and conversation.

Creative Journaling

Experiment with different mediums and journaling modalities. Express yourself through drawing, collage, list making, creative writing, painting, poetry or whatever works for you.

Goal Club

Define and work towards individual goals within a group setting. Explore S.M.A.R.T. goal strategies. Share your goal process with supportive peers. Let's cheer each other on.

Walkerton Outing

Join us for an outing to Walkerton. Enjoy a day of thrift shopping, a visit to the garden center and Dairy Queen.

Breakfast Club

Speak to staff to sign up to host and/or attend breakfast at the Loft. Some say it is the most delicious meal of the day!
Cost: \$3.00 (when not hosting).

Horticulture Workshop

Create a DIY flower press to preserve summer's bloom.

Adult Swim at the P&H Centre

An open swim for adults.10:15am -11:15am

Cost: \$6.50 - Adult, \$5.75 - Senior

Speak to staff about a ride from the loft or meet there.

Kitchen Social

The party always ends up in the kitchen!

Join us to create and enjoy a recipe with good company. This month's recipe: Mini Mason Jar Cheesecake.

Big Screen Matinee

Watch Inside Out 2 at the Paramount

Theatre. Doors open at 9:30am. Show begins at promptly at 10:00am.

\$6.00 - ticket or \$ 13. 00 includes - a small popcorn and small pop. Meet at Paramount Theatre - 206 10th St. Hanover

JUNE 2024

GROUP SERVICES Hanover



Group Services offer social recreation and life skill-based activities for adults. Join us to create community, develop skills, and share your strengths with an inclusive group.

Please Call Verity to sign up or with any questions. 519 371-3642 (ext:2001)