

# June 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
<p><b>Community Garden</b> is located in Geddes Park 647 Queen St. <b>The Dory has Plot #37</b></p>				
<p><b>3 Closed</b></p> <p>Stacey's on Holidays</p>	<p><b>4 Closed</b></p> <p>Stacey's on Holidays</p>	<p><b>5 Closed</b></p> <p>Stacey's on Holidays</p>	<p><b>6 Closed</b></p> <p>Stacey's on Holidays</p>	<p><b>7 Closed Fridays</b></p>
<p><b>10 9:00</b> Community Garden <b>12:30</b> Chair Yoga <b>1:00</b> Ukulele Group <b>2:30</b> Walk to the Daily Grind</p>	<p><b>11 Dory North Port Elgin</b> Faith Lutheran Church <b>11:00-1:00</b> Lunch, Games, Garden</p>	<p><b>12 12:00</b> Picnic at Dunsmoor Park <b>(Sign Up)</b></p>	<p><b>13 9:00</b> Community Garden <b>12:30</b> Chair Yoga <b>1:00</b> Pet therapy <b>2:00</b> Shuffle Board <b>(sign up)</b></p>	<p><b>14 Closed Fridays</b></p>
<p><b>17 Dory is Closed today</b></p>	<p><b>18 Dory North Port Elgin</b> Faith Lutheran Church <b>11:00-1:00</b> Lunch, Games, Garden</p>	<p><b>19 11:00</b> Camp Day at Sauble Beach! <b>(\$5.00 Sign Up)</b></p>	<p><b>20 9:00</b> Community Garden <b>Closed in the afternoon</b> Stacey's in Owen Sound</p>	<p><b>21 Closed Fridays</b></p>
<p><b>24 Dory is Closed today</b></p>	<p><b>25 12:30 – 5:00</b> <b>Owen Sound</b> Baseball Game <b>(Sign Up)</b></p>	<p><b>26 10:00</b> Men's Group/Brunch <b>\$2.00</b></p>	<p><b>27 9:00</b> Community Garden <b>11:00-3:00</b> Campfire at the <b>Coachhouse /Markdale</b> <b>(sign up)</b></p>	<p><b>28 Closed Fridays</b></p>

## 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



## June

# 2024

**Social Recreation &  
Rehabilitation Site**

**865 Queen Street,  
Kincardine, ON**

[www.greybruce.cmha.ca](http://www.greybruce.cmha.ca)

**1-888-451-2642 Ext 3001**