

# July

Call Stacey at the Dory 519-371-3642 ext 3001

Monday - Thursday 8:30-4:30

\*Reminder to please stay home if feeling unwell\*

Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>Closed Canada Day</b>	2. <b>Dory North Port Elgin</b> Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	3. Dory Open 11:30 12:00 Lunch \$2.00 (sign up) 1:30-3:00 Chocolate Bingo	4. <b>Dory Closed Today</b>	5. <b>Closed Fridays</b>
8. 10:00 Community Garden 12:30 Chair Yoga 1:00 Ukulele Group	9. <b>Dory North Port Elgin</b> Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	5 Dory Open 11:30 12:00 Lunch \$2.00 (sign up)  1:30-3:00 Yahtzee	6 . 10:00 Community Garden 12:30 Chair Yoga 2:00 Shuffle Board (sign up)	7 <b>Closed Fridays</b>
15 <b>Closed</b>	16. <b>Closed</b>	17. <b>Closed</b>	18. <b>Closed</b>	19. <b>Closed Fridays</b>
22. 10:00 Community Garden 12:30 Chair Yoga 1:00 Recovery College with Julie (sign up)	23. <b>Dory North Port Elgin</b> Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	24. Dory Open 11:30 12:00 Lunch \$2.00 (sign up)  1:30-3:00 Scattergories	25. 11:00 <b>Hanover Camp Day</b> \$5.00 BBQ, games, Prizes, disc golf (sign up)	26. <b>Closed Fridays</b>
29. . 10:00 Community Garden 1:00 Pet Therapy 1:00 Manicures (sign up)	30. <b>Dory North Port Elgin</b> Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	31. 10:00 Men's Group/Brunch \$2.00 (sign up)		<b>Community Garden</b> is located in Geddes Park 647 Queen St. <b>The Dory has Plot</b> <b>#37</b>

## 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



## July

# 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**