



# July 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\*

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Canada Day</u> <u>Loft Closed</u>  <b>Shawna's away until the 11th</b>	2 <b>Group Services at The Loft</b> Scrabble 10-12 <u>Sign up with Verity</u> Mental Health Walk in clinic Loft 1-3pm	3 <u>No Group Today</u> <u>Loft Closed</u>	4 <b>Group Services at The Loft</b> Coloring Book Project 1-3pm <u>Sign up with Verity</u>	5 <b>Group Services</b> Swimming at the P&H Centre—\$5.00 10:15 at The Loft for a ride Collaborative Painting 1-3 <u>Sign up with Verity</u>
8 <b>Group Services at The Loft</b> Social drop-in 1-3pm <u>Sign up with Verity</u>	9 <b>Group Services at The Loft</b> Breakfast Club 10-12 <u>Sign up with Verity</u> Mental Health Walk in clinic Loft 1-3pm	10 <u>No Group Today</u> <u>Loft Closed</u>	11 Painting 1-3pm	12 <b>Group Services</b> Swimming at the P&H Centre—\$5.00 10:15 at The Loft for a ride Kitchen Social with Fay 1-3 <u>Sign up with Verity</u>
15 Group Birthday Party at Heritage square 1-3pm	16 Keady Market 9:30am Meet at the Loft  Mental Health Walk in clinic Loft 1-3pm	17 <b>Social drop-in</b> 10-12  Craft: stone art 1-3pm	18 Cooking group: No cook meal, salad and sandwiches 11-1pm \$3.00 cost	19 <u>No Group Today</u> <u>Loft Closed</u>
22 Mindfulness and Meditation with Nathan 1-3pm	23 <u>Social Drop-in</u> 10-12pm Mental Health Walk in clinic Loft 1-3pm	24 <b>Social Drop-in</b> 10-12  Craft: Watercolor Cottage book 1-3pm	25 Hanover Camp Day 11am (10am for rides and set up) \$5.00 Cost	26 <b>Group Services</b> Swimming at the P&H Centre—\$5.00 10:15 at The Loft for a ride  Euchre Tournament 1-3 <u>Sign up with Verity</u>
29 The Loft Newsletter 1-3pm	30 Chair fit Zumba Dance Class 10-11am  Mental Health Walk in clinic Loft 1-3pm	31 Luna the Therapy Dog and <b>Social Drop-in</b> 10-12pm  Healthy Minds Workshop: Building confidence 1-3pm		

## 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



# July 2024

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

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

**519-371-3642 Ext 2000**

**(Shawna's ext 2002)**

**1-888-451-2642**