

August

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 9:00 Community Garden Stacey is in Owen Sound	2 Closed Fridays
5 Civic Holiday	6 Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	7 Dory Open 11:30 12:00 Lunch \$2.00 (sign up) 1:30-3:00 Pictionary	8 9:00 Community Garden 1:00 Chair Yoga 2:00 Shuffleboard (sign up)	7 Closed Fridays
12 Kincardine Camp Day \$5.00 12:00 BBQ at The Dory 1:30 Lighthouse Tour (sign up)	13 Dory North Port Egin 11:00 Tour Bruce Power (sign Up)	14 11:30 Picnic at Dunsmoor Park (sign up)	15 9:00 Community Garden 12:00-2:00 Bruce County Outreach Extravaganza Port Elgin	19. Closed Fridays
19 9:00 Community Garden 1:00 Pet Therapy 1:00 Manicures (sign up)	20 Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch, Games, Garden	21 Dory Open 11:30 12:00 Lunch \$2.00 (sign up) 1:30-3:00 Bingo	22 8:30 Markdale Camp Day \$10.00 (sign up) Kayak/canoeing	26. Closed Fridays
26 9:00 Community Garden 12:30 Chair Yoga 1:00 Ukulele Group	27 Closed Today	28 10:00 Men's Group/Brunch \$2.00 (sign up)	29 9:00 Community Garden 1:00 Step by Step Painting (sign up)	Community Garden is located in Geddes Park 647 Queen St. The Dory has Plot #37

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



August

2024

**Social Recreation &
Rehabilitation Site**

**865 Queen Street,
Kincardine, ON**

www.greybruce.cmha.ca

1-888-451-2642 Ext 3001