

Connecting With Others...

- Come join our Meet N' Greet Coffee mornings on Mondays and Fridays starting at 10:30am at Union Place. Enjoy some coffee, games and great company.

-Our very popular Camp Days continue this month with 2 separate outings. One being hosted by our Kincardine center and one hosted by our Markdale Center. There is a cost of \$5 for our Kincardine day and \$10 for our Markdale kayak adventure. Please signup early as space is limited.

-If you are new to the programming please feel free to reach out for any additional information on monthly groups or the program as a whole.



Creativity for the Mind & Soul...

- Yoga continues through the month of August at our Community Garden Location. We start at 1pm on Friday afternoons, all are welcome! Please feel free to contact Kyle for more information.

-Join in on creating some personalized wood signs on August 14th at 1:30pm. Share your artistic creativity with the world!

-Have you ever tried Zen Tangle Art? Come on out and check out this relaxing creative outlet. All supplies provided.

Social / Recreational Activities...

-Baseball continues the month of August at St. George Field, located at the bottom of 10th St. East Hill. If you aren't sure about playing, feel free to come and enjoy watching the game with the crowd. Play Ball!!!!

- Our popular lawn bowling group continues this month. Come on out and try even if you have never played before. Great teachers are there to provide support and pointers on how to play. Every Wednesday morning at 9:30am, located at the Roselawn Bowling Club. Please call for more information.

-We are looking into exploring new sports with our Groups. This month we will be introducing soccer up at the community gardens. Come on out August 7th at 1pm to pass the ball, score some goals and just have some outdoor fun!

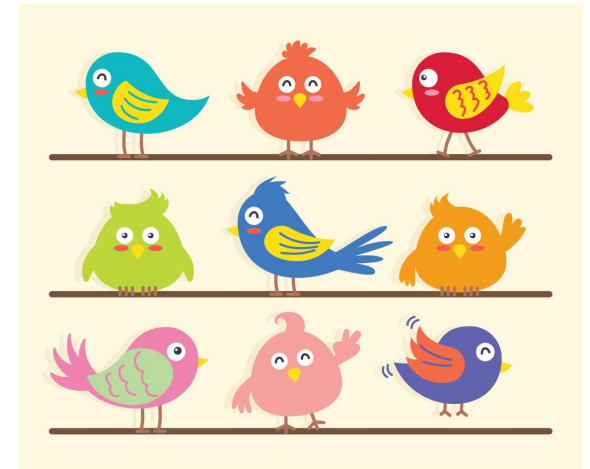


- Looking to do some exploring around the area? Join in for our monthly hikes with Jim. Our leader Jim is a trail certified hiker and is very knowledgeable about our area and makes our hikes a joy to participate in. For August we have hikes on the 2nd, 16th and 30th. Please call ahead for more info on hike locations and to signup as space is limited.

- July's music in the garden was a big success with lots of participants. Lets keep the momentum going and have an even bigger turnout for our August 23rd music in the garden event. Start time is 2pm

August 2024

GROUP SERVICES



**Please call Kyle
at (519)-371-3642 ext# 1330**

We are a Community Mental Health Program which offers skill based and social recreational groups for adults.

Please sign up for groups you wish to attend so you can be contacted if any changes or cancelations occur

A program of **CMHA Grey Bruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.

*****Remember*** weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating in Groups at your own risk.**