




August 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*

M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
			1 Social Drop-in 10-12pm	2 Group Services Swimming at P&H Centre 10:15am—\$5.00 Lunch at McDonalds 12pm <u>Sign up with Verity</u>
5 <u>Loft Closed</u> <u>Civic Holiday</u>	6 Social Drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	7 Social Drop-in and breakfast smoothies \$3.00 10-12pm Catan Board Game 2-3pm	8 Reading and Relaxing at Hanover Park 1-3pm Bring your own book - colouring and sketching supplies will be provided	9 Group Services Swimming at P&H Centre 10:15am—\$5 Collaborative painting 1- 3pm <u>Sign up with Verity</u>
12 Kincardine Camp Day 10am meet at Loft \$5.00 Cost	13 Social Drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	14 Social Drop-in 10-12pm Craft afternoon: finish your crafts or start new ones 1-3pm	15 Show-and-tell 1-3pm	16 Group Services Swimming at P&H Centre 10:15am—\$5 Laughter yoga 1-1:15 Euchre Tournament 1:25-3 <u>Sign up with Verity</u>
19 The Loft Newsletter 1-3pm	20 Social Drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	21 Aroma Therapy 1-3pm	22 <u>Loft Closed</u> <u>No Group Today</u>	23 <u>Loft Closed</u> <u>No Group Today</u>
26 <u>Loft Closed</u> <u>No Group Today</u>	27 <u>No Group Today</u> Mental Health Walk in clinic Loft 1-3pm	28 Luna the Therapy Dog and Social Drop-in 10-12pm	29 Guess that song and music trivia 1-3pm	30 Group Services Swimming at P&H Centre 10:15am—\$5 Kitchen Social 1-3pm <u>Sign up with Verity</u>

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



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

www.greybruce.cmha.ca

519-371-3642 Ext 2000

(Shawna's ext 2002)

1-888-451-2642