



**Group Services– CMHAGB:**  
 Contact us for further info, or to sign up for a group call  
 Kyle 519-371-3642 (ext. 1330)

# December 2024

M o n	T u e	W e d	T h u	F r i
<p>2</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p>	<p>3</p> <p><b>Hockey @ Julie McArthur</b> Arena 3– 4:30pm</p>	<p>4</p> <p style="text-align: center;"><b><u>Closed For</u></b> <b><u>Christmas Store</u></b></p>	<p>5</p> <p><b>Creating Homemade Holiday</b> <b>Cards at Union Place</b> 1:15pm</p>	<p>6</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p> <p>Guitar Basics Jam Session 1:15pm Union Place</p> <p><b>Yoga @ Union Place 2:15pm</b></p>
<p>9</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p> <p><b>X-mas Gift Wrapping</b> (Supplies Provided) Union Place 1:15pm</p>	<p>10</p> <p><b>Christmas Pictionary</b> 10am @ Union Place</p> <p><b>Hockey @ Julie McArthur</b> Arena 3– 4:30pm</p>	<p>11</p> <p><b>X-mas Shopping East Side</b> 9:30am departure Signup Req.</p>	<p>12</p> <p style="text-align: center;"><b>Winter / Holiday</b> <b>Theme Painting 10:30am</b> Union Place</p>	<p>13</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p> <p>Guitar Basics Jam Session 1:15pm Union Place</p> <p><b>Yoga @ Union Place 2:15pm</b></p>
<p>16</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p> <p><b>Ambassador Group: Crafting</b> <b>Welcome Letter 1pm @ Union</b> Place</p>	<p>17</p> <p><b>Hockey @ Julie McArthur</b> Arena 3– 4:30pm</p>	<p>18</p> <p style="text-align: center;"><b>Conversation Café:</b> <b>Staying Positive Through</b> <b>the Holidays 10am @ Union</b> Place</p>	<p>19</p> <p style="text-align: center;"><b>Trivia: Holiday Jeopardy</b> <b>Edition</b> Union Place 10am</p>	<p>20</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p> <p>Guitar Basics Jam Session 1:15pm Union Place</p> <p><b>Yoga @ Union Place 2:15pm</b></p>
<p>23</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p>	<p>24</p> <p><b>Christmas Movie &amp; Popcorn</b> 1pm @ Union Place</p> <p><b>Hockey @ Julie McArthur</b> Arena 3– 4:30pm</p>	<p>25</p> <p style="text-align: center;"><b><u>No Groups Today</u></b></p>	<p>26</p> <p style="text-align: center;"><b><u>No Groups Today</u></b></p>	<p>27</p> <p style="text-align: center;"><b><u>No Groups Today</u></b></p>
<p>30</p> <p><b>Meet N' Greet Coffee &amp; Chat</b> 10:30am @ Union Place</p>	<p>31</p> <p><b>Games Morning @ Union</b> Place 10am</p> <p><b>New Years Social @ Union</b> Place Cost \$2</p>	<p>1</p> <p style="text-align: center;"><b><u>No Groups Today</u></b></p> <p style="text-align: center;"><b><u>Happy New Year</u></b></p>		