

November at the Dory

Call Stacey to Sign Up 519-371-3642 ext 3001

Monday - Thursday 8:30-4:30

Reminder to please stay home if feeling unwell

<i>M o n d a y</i>	<i>T u e s d a y</i>	<i>W e d n e s d a y</i>	<i>T h u r s d a y</i>	<i>F r i d a y</i>
				1. Closed Fridays
4. 10:00 Drop in Social 1:00 Making Christmas Tree Bazaar Ornaments	5. Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch & Games	6. Dory open 11:30 12:00 Lunch \$2.00 (sign up) 1:30-3:30 Horse Racing	7. Memorial Service St.Andrews Church Owen Sound Meet at the Dory at 10:30 (sign up)	8. Closed Fridays
11. 10:30 Walk to the Legion Remembrance Day Service 1:00 Making Christmas Tree Bazaar Ornaments	12. Dory North Port Egin Faith Lutheran Church 11:30 Lunch 1:00 Bowling Sunset Family Fun \$10.00 (sign up)	13. 11:30 United Church Lunch (sign up) 1:00 Baking for the Bazaar	14 Christmas Bazaar In Owen Sound Meet at the Dory at 6:30am (sign up)	15. Closed Fridays
18. 1:30- Pet Therapy 1:30 - Manicures (sign up)	19. Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch & Games	20. Dory open 11:30 12:00 Lunch \$2.00 (sign up) 1:30-3:30 Darts	21 10:00 Walk to Tim Horton's 1:00 Ukulele Group	22. Closed Fridays
25 Dory Closed for a meeting 1:00 Recovery College (sign up)	26. Dory North Port Elgin Faith Lutheran Church 11:00-1:00 Lunch & Games	27. 10:00 Men's Breakfast \$2.00 (Sign Up) 1:00 Movie Matinee	28. 11:30 Healthy Kitchen \$2.00 (sign up) 2:00 Shuffleboard (Meet at Grey Matter)	29. Closed Fridays

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

November 2024

**Social Recreation &
Rehabilitation Site**

**865 Queen Street,
Kincardine, ON**

www.greybruce.cmha.ca

1-888-451-2642 Ext 3001