



November 2024

The Loft & Group Services Hours: Monday-Friday 8:30am-4pm
Please call to sign up for groups 519-371-3642 ext 2000

Reminder to please stay home if feeling unwell

Monday	Tuesday	Wednesday	Thursday	Friday
4 Rise and shine 10-12 At the Teams Office Group Services	5 Games morning 10-12 Mental Health Walk in clinic Loft 1-3pm	6 Walking group 10:30-11:30 Meet at Loft	7 Birthday Bingo and Loft Farewell Party 1-3	8 Collaborative Painting Final Session 1-3pm
11 Coffee at The Loft 10-10:45 Remembrance Day Ceremony at the Civic Centre Cenotaph 11-12 	12 Social drop-in 10-12pm Mental Health Walk in clinic Loft 1-3pm	13 Social Drop-in 10-12pm	14 No Groups Today	15 <i>Moving day!</i>  Swimming at P&H Centre No Cost 10:15 Shop Around Town 1pm at Teams office
18 Ashanti morning 10-12pm	19 Stacked breakfast 8:30am (Breakfast special \$6.99)	20 No Groups Today	21 The New Loft House warming Party 1-3pm All groups are now at the Teams Office	22 Crafting Workshop 1-3pm
25 Rise and shine and calendar planning 10-12 Loft Newsletter 1-3pm	26 Mindfulness Journaling 10-11pm Miniature Paintings 1-3pm	27 Luna the Therapy Dog & Social Drop-in 10-12pm Cinnamon Dough Ornaments 1-3pm	28 Catan afternoon 1-3pm	29 No Groups Today
				

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 & Group Services



November

2024

**Social Recreation &
Rehabilitation Site
290 10th street (425 10th St.,
Unit 8 after Nov 15)
Hanover ON N4N 1P2**

www.greybruce.cmha.ca

519-371-3642 Ext 2000

1-888-451-2642