

# December 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
2 Rise and Shine 10-12pm <b>Secret Santa Draw</b> Christmas Decorating	3 Christmas Card Making 10-12pm  Crafting Workshop 1-3pm	4 Owen Sound Thrift Shopping and Christmas store (Bring money for Lunch) 9am meet at Loft	5 Christmas movie and <b>social drop-in</b> 10-12pm  Christmas Village Craft 1-3pm	6 No group today  <b>Sound of Music Saturday Dec 7th 1:45 -5:00 Meet at Civic Centre</b>
9 Rise and shine: Dutch Posie Books 10-12pm  Christmas Poetry 1-3pm	10 <b>Social Drop-in</b> 10-12pm  Kitchen Social: Pressed Sandwiches and salad 12-2pm	11 Walking Group and Gentle Stretch 10-12pm  Santa & Snowmen ornament making 1-3pm	12 Games morning 10-12pm  Closed in afternoon	13 10:15 Swimming P&H Centre Meet there or talk to staff about a ride - NO COST  Crafting Workshop 1-3pm
16 Rise and shine: Craft sale preparation 10-12pm	17 Craft sale 12-2:30pm	18 Holiday Show and Tell Bring in an item to share about! 1-3pm	19 The Loft Christmas Party <b>Secret Santa Gift Exchange</b> , with chili 1-3	20 Euchre Tournament 1-3pm
23 Rise and shine: Creative Journaling 10-12pm  Catan Boardgame 1-3pm	24 Christmas Movie and <b>social drop-in</b> 10-12pm	25 Merry Christmas! Loft Closed 	26 Loft Closed	27 Loft Closed
30 Rise and Shine 10-12pm	31 NYE celebration 1-3pm 	1 Loft Closed New Years Day	2 New Beginnings Celebration <b>Social Drop-in</b> 1-3pm	3 Loft Closed

## 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



## December

## 2024

**Social Recreation &  
Rehabilitation Site  
425 10th St., Unit 8, Hanover  
ON N4N 1P2**

**(Entrance located in the parking  
lot across from NewOrleans Pizza)**

**[www.greybruce.cmha.ca](http://www.greybruce.cmha.ca)**

**519-371-3642 Ext 2000**

**1-888-451-2642**