







February 2025

Shawna: 519-371-3642 ext. 2001

Brunch is by donation Tuesdays & Thursdays 11-12pm (unless other wise posted) open to all community members, if you are feeling unwell please choose to stay home or you may take a takeout meal.
Please sign up for groups (519) 371-3642 Ext. 4004

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
3 	4 Brunch 11-12pm Reading corner 12-1:30pm Musical trivia/name that song 1:30-3:30pm	5 	6 Brunch 11-12pm Games afternoon 12-3pm	7 Social in The Well 1:30-3:30
10	11 No Brunch Today Making Valentines day candy grams & cards 12-1pm Bingo 1-3pm	12 	13 Brunch 11-12pm Pass out your valentines Closed at noon	14 Social in The Well 1:30-3:30
17 	18 Brunch 11-12pm Laughter Yoga and Gentle Stretch 12:30-1pm Social drop-in 1-3pm	19	20 Brunch 11-12pm Social drop-in 12-1pm Guided Painting Class 1-3pm	21 No Social in The Well today
24	25 Brunch 11-12pm Social drop-in 12-1pm Crafting afternoon 1-3pm	26	27 Brunch 11-12 Tropical staycation party 12-3pm	28 Social in The Well 1:30-3:30
				

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*

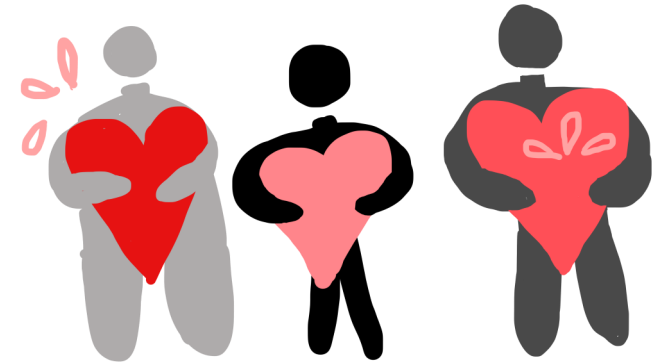
The Leisure Links Program is a social, recreational program of the CMHA. This program provides opportunities for people with mental health issues to meet others in an informal, relaxed and friendly environment.

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 Coach House



February

2025

**Social Recreation &
Rehabilitation Site**

**55 Victoria Street, Markdale,
ON N0C 1H0**

Tel: (519) 371-3642 ext. 4004

www.greybruce.cmha.ca

(Shawna's ext 2001)