




March 2025

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 to be contacted for cancelations(519) 371-3642 Ext. 2001**

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 Quiet Reading time 12-1 Games Afternoon 1-3pm	5	6 Brunch 11-12pm Musical Trivia and Name That Song 12:30-2pm	7 Social in The Well 1:30-3:30
10 	11 Brunch 11-12 Shamrock Shakes & Social 12:30-1pm Lucky Games 1-3pm	12 	13 Brunch 11-12 Closed at noon today	14 Social in The Well 1:30-3:30
17	18 Brunch 11-12pm Creative Journaling 12:30-3	19	20 Brunch 11-12pm Guided painting 12:30-3	21 Social in The Well 1:30-3:30
24	25 Brunch 11-12pm Show and Tell 12:30-3pm	26	27 Brunch 11-12 Crafting Afternoon 12:20-3	28 Social in The Well 1:30-3:30
31				

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

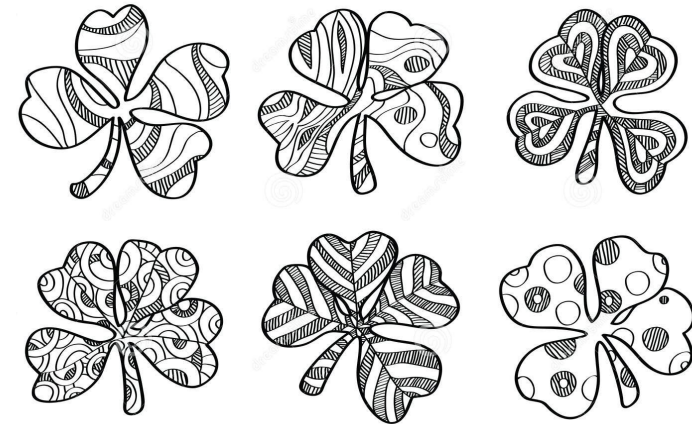
*And we celebrate diversity
and a sense of belonging
in the community*

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.



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

The Coach House



March

2025

**Social Recreation &
Rehabilitation Site**

**55 Victoria Street, Markdale,
ON N0C 1H0
Tel: (519) 371-3642 ext. 2001**

www.greybruce.cmha.ca