

# February 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\*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 10:00 Coffee at the Dory</p> <p>1:00-Painting Step by step (sign up)</p>	<p>4. Dory North Port Elgin <u>Faith Lutheran Church</u> 11:00-Lunch 12:00-Winter Bird Feeder Craft &amp; Trivia (call to sign up)</p>	<p>5. Dory open 11:30 12:00 - Lunch \$2.00 (sign up) 1:30-3:30 New Game "Tappler"</p>	<p>6. 10:00 Coffee at Tim Horton's</p> <p>1:00 Pet Therapy 1:00 Valentine Card Craft (sign up)</p>	<p>7. Closed Fridays</p>
<p>10. 10:00 Coffee at the Dory</p> <p>1:00 Manicures (sign up)</p>	<p>11. Dory North Port Elgin <u>Faith Lutheran Church</u> 11:00-Lunch 12:00-Valentine's Family Feud Game (call to sign up)</p>	<p>12. Dory open 11:30 12:00 Valentine's Lunch \$2.00(sign up)</p> <p>1:30-3:30 Family Feud Game</p>	<p>13. 10:00 Coffee at Tim Horton's</p> <hr/> <p>Closed for a meeting</p>	<p>14. Happy Valentine's Day!</p>
<p>17. Family Day Holiday</p>	<p>18. Dory North Port Egin <u>Faith Lutheran Church</u> 11:00-Lunch 12:00-Baking in the kitchen (call to sign up)</p>	<p>19. 11:30 <u>United Church Lunch</u> (sign up)</p> <p>1:00 Afternoon Puzzler</p>	<p>20. 10:00 Coffee at Tim Horton's</p> <p>2:00 Shuffleboard (Meet at Grey Matter) (sign up)</p>	<p>21. Closed Fridays</p>
<p>24. 10:00 Coffee at the Dory</p> <p>1:00 Recovery College (sign up)</p>	<p>25. 4:00 Bowling at Sunset Family Fun Centre \$10.00 (call to sign up)</p>	<p>26. 10:00 Men's Breakfast \$2.00 (sign up)</p> <p>1:00 Popcorn &amp; Movie</p>	<p>27. 10:00 Coffee at Tim Horton's</p> <p>11:30 Healthy Kitchen \$2.00 (sign up)</p>	<p>28. First day of Ramadan</p>

## 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.



# The Dory

## February 2024

**Social Recreation &  
Rehabilitation Site**

**865 Queen Street,  
Kincardine, ON**

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

**1-888-451-2642 Ext 3001**