

January 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 |
|---|---|---|--|---------------------------|
| | | 1. Happy New Year Closed today | 2. 10:00 Coffee at Tim Horton's 1:00 <u>Walk and Talk</u> | 3. Closed Fridays |
| 6. 10:00-Walk the Track 11:00-Drop in at the Dory Coffee & Conversation 1:00 Baking | 7. Dory North Port Elgin Faith Lutheran Church 11:00-Lunch 12:00-Games | 8. Dory open 11:30 12:00 Lunch \$2.00 (sign up) 1:30-3:30 Games | 9. 10:00 Coffee at Tim Horton's Closed for a meeting | 10. Closed Fridays |
| 13. 10:00-Walk the Track 11:00-Drop in at the Dory Coffee & Conversation 1:00-Pet Therapy 1:00-Manicures(sign up) | 14. Dory North Port Elgin Faith Lutheran Church 11:00-Lunch 12:00-Games | 15. 11:30 United Church Lunch By donation (Sign up) 1:00 Winter Bird Feeder Craft | 16. 10:00 Coffee at Tim Horton's 1:00 Ukulele/Music afternoon | 17. Closed Fridays |
| 20. 10:00-Walk the track 11:00-Drop in at the Dory Coffee & Conversation 1:00 Painting (sign up) | 21. Dory North Port Elgin Faith Lutheran Church 11:00-Lunch 12:00-Games | 22. Dory open 11:30 12:00 Lunch \$2.00 (sign up) 1:30 <u>Guest Speaker</u> Financial Presentation | 23. 10:00 Coffee at Tim Horton's 11:30 Healthy Kitchen \$2.00 (sign up) 2:00 Shuffleboard (meet at Grey Matter) | 24. Closed Fridays |
| 27. 10:00-Walk the Track 11:00-Drop in at the Dory Coffee & Conversation 1:00 Recovery College (sign up) | 28. 4:00pm. Bowling in Port Elgin \$10.00 (sign up) | 29. 10:00 Men's Breakfast \$2.00 (sign up) 1:00 Movie Matinee | 30. 10:00 Coffee at Tim Horton's Closed for a meeting | 31. Closed Fridays |

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.



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

The Dory

January

2025

**Social Recreation &
Rehabilitation Site**

**865 Queen Street,
Kincardine, ON**

www.greybruce.cmha.ca

1-888-451-2642 Ext 3001