



Canadian Mental Health Association
 Grey Bruce
 Mental Health & Addiction Services

February 2025

Call to Sign up: 519-371-3642

Union Place: April (ext. 1214) Emily
 (ext. 1024)

Union Place/ Group Services

Group Services: Kyle (ext. 1330)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm: Snowshoeing at the Arboretum (meet at housing)</p>	<p>4.</p> <p>9:30am: Walk and shop at Heritage Place Mall</p> <p>1:30pm Owen Sound SNOwen Sound Frolics</p> <p>3:00pm: Hockey @ Julie McArthur</p>	<p>5.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30-3:00pm: Bingo</p>	<p>6.</p> <p>9:00am: Walk</p> <p>9:30-11:30: Drop in at 1024 board room</p> <p>1:00pm: Members Lunch \$2 (Sloppy Joes) at St. Andrews basement</p>	<p>7.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>2:00pm: Daisy's Clay House \$5</p>
<p>10.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30-3:00pm: Show and share</p>	<p>11.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30pm Owen Sound SNOwen Sound Frolics</p> <p>3:00pm: Hockey @ Julie McArthur</p>	<p>12.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in & Monthly Check in</p> <p>1:30pm: Skating or snowshoeing and coffee at Harrison Park (meet at housing)</p>	<p>13.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in & Valentines heart craft</p> <p>No Afternoon Programs</p>	<p>14.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:00pm: Valentines Day Tea Party \$2</p>

Happy Valentine's Day



SNOwensound Frolics

Running throughout February, this exciting challenge invites you to explore the city, solve riddles, uncover hidden code words, and win amazing prizes. Whether you're trekking through scenic trails, visiting historical landmarks, or supporting local businesses, there's something for everyone.



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>17.</p> <p>Union Place Closed</p> <p>Happy Family Day</p>	<p>18.</p> <p>No Walk Today</p> <p>No Drop in Today</p> <p>Housing Office</p> <p>1:30pm: Alcohol Ink Craft</p> <p>3:00pm: Hockey @ Julie McArthur</p>	<p>19.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30: Drop in</p> <p>1:30pm: Snowshoeing at Soccer Complex</p>	<p>20.</p> <p>9:00am: Walk</p> <p>9:30am: Drop in at 1024 Boardroom</p> <p>1:00pm: Monthly Birthday Party at St. Andrew's (basement) Crafts and Cake</p>	<p>21.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm Owen Sound SNOwen Sound Frolics</p>
<p>24.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm: Canvas Painting</p>	<p>25.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30: Drop In</p> <p>1:30pm: Black History Month Documentary</p> <p>3:00pm: Hockey @ Julie McArthur</p>	<p>26.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30pm: Bowling \$5</p>	<p>27.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:00: Drop in</p> <p>11am: Mary's Farm (snowshoeing)</p> <p>2:30pm: Guided Meditation</p>	<p>28.</p> <p>Housing Office</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>11:30am Owen Sound SNOwen Sound Frolics</p> <p>1:30pm: Thrift Shopping</p>