

# April 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\*

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
	<p>1. <b>Dory North Port Elgin Faith Lutheran Church</b> 12:00 -Lunch (call to sign up) Please note the time change</p>	<p>2. Dory open 11:30 12:00 - Lunch <b>\$2.00</b> (sign up)  1:30-3:30 Crokinole</p>	<p>3. <b>10:00</b> Coffee at Tim Horton's  ————— <b>Closed</b></p>	<p>4. <b>Closed Fridays</b></p>
<p>7. <b>10:00</b> Coffee at the Dory 12-12:30 Walk outdoors <b>1:00</b> Painting with watercolors (sign up)</p>	<p>8. <b>11:00</b> <u>Pancakes&amp;Bingo</u> <b>Greenhouse in Warton</b> (call to sign up)</p>	<p>9. Dory open 11:30 12:00– Easter Lunch <b>\$2.00 (sign up)</b> 1:30-3:30 Grey Bruce Legal Clinic Presentation</p>	<p>10. <b>10:00</b> Coffee at Tim Horton's  ————— <b>Closed for a meeting</b></p>	<p>11. <b>Closed Fridays</b></p>
<p>14. <b>10:00</b> Coffee at the Dory 12-12:30 Walk outdoors <b>1:00 - Pet Therapy</b> 1:00 - Manicures (sign up)</p>	<p>15. <b>Dory North Port Elgin Faith Lutheran Church</b> 11:00-Lunch 12:00 Crokinole Tournament (call to sign up)</p>	<p>16. <b>11:30</b> <u>United Church Lunch</u> (sign up)  1:00-3:30 Wheel of Fortune Game</p>	<p>17. <b>10:00</b> Coffee at Tim Horton's <b>2:00</b> Shuffleboard (Meet at Grey Matter) (sign up)</p>	<p>18. <b>Closed</b>  Good Friday</p>
<p>21. <b>Closed</b>  Easter Monday</p>	<p>22. <b>Dory North Port Egin Faith Lutheran Church</b> 11:00-Lunch 12:00– Earth Day Trivia (call to sign up)</p>	<p>23. Dory open 11:30 12:00 - Lunch <b>\$2.00</b> (sign up) 1:00 <u>Davidson Center</u> CMHA Presentaion</p>	<p>24.. <b>10:00</b> Coffee at Tim Horton's  11:30 Healthy Kitchen <b>\$2.00 (sign up)</b></p>	<p>25. <b>Closed Fridays</b></p>
<p>28. <b>10:00</b> Coffee at the Dory 12-12:30 Walk outdoors 1:00 Recovery College (sign up)</p>	<p>29. <b>Dory North Port Elgin Faith Lutheran Church</b> 12:00 -Lunch 1:00 – Who Wants to be a Millionaire Game</p>	<p>30.. <b>10:00</b> Men's Breakfast <b>\$2.00 (sign up)</b> 1:00- Popcorn &amp; Movie</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.



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

# The Dory

## April 2025

**Social Recreation &  
Rehabilitation Site**

**865 Queen Street,  
Kincardine, ON**

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

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