



Canadian Mental Health Association
 Grey Bruce
 Mental Health & Addiction Services

April 2025

Union Place/ Group Services

Call to Sign up: 519-371-3642

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

Group Services: Kyle (ext. 1330)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>1:30pm: Movie: Inside Out @1024 boardroom</p>	<p>1.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Healthy Kitchen @ St.Andrew's \$2</p>	<p>2.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Alcohol ink craft with Rachel @1024 boardroom</p>	<p>3.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>1:30pm departure: Kemble Mountain Maple Syrup Tour</p>	<p>4.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>1:30pm: Euchre @1024 boardroom</p>
<p>7.</p> <p>9:00am: Walk to the Mill Dam</p> <p>10:00am: Coffee at Frog Pond (pay for your own)</p> <p>1:30pm: Sports & Games at Harrison Park (Basketball, pickleball, lawn games etc.)</p>	<p>8.</p> <p>9:00am: Walk</p> <p>10:00am Trip to Wiarton for Bingo and Pancakes</p>	<p>9.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Crafting Easter cards @1024 boardroom</p>	<p>10.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>No afternoon groups</p>	<p>11.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>11:30am: Chair Yoga @1024 boardroom</p> <p>1:30pm: Releasing negativity (outdoor group. meet at 1024)</p>

1 outing per person each month

additional outings based on availability

outing = trip out of Owen Sound



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>14.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @ 1024 boardroom</p> <p>1:30pm: Crafting faux floral arrangements @1024 boardroom</p>	<p>15.</p> <p>9:00am: Walk</p> <p>10am departure: Port Elgin (crokinole and lunch)</p>	<p>16.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30pm: SOS Clinic @ Oshare (come learn about community resources)</p>	<p>17.</p> <p>No walk or drop in today</p> <p>11am: Easter Brunch @ St. Andrews \$2</p>	<p>18.</p> <p>Closed today for Good Friday</p>
<p>21.</p> <p>Closed today for Easter Monday</p>	<p>22.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Freestyle Crafting @1024 boardroom</p>	<p>23.</p> <p>9:00am: Walk</p> <p>No drop in today</p> <p>1:30pm: Eating well on a budget (conversation and taste test) @1024 boardroom</p>	<p>24.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30pm: Prep bikes for the Season</p> <p>2:00pm: Bike Ride</p>	<p>25.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>11:30am: Chair Yoga @1024 boardroom</p> <p>1:30pm: Dot Art</p>
<p>28.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>1:30pm: Garden club cleanup day</p>	<p>29.</p> <p>8:00am departure: Hike at Bruce Peninsula National Park (Grotto) \$9</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Drop in</p> <p>1:30pm: Movie: Inside Out 2 @1024 boardroom</p>	<p>30.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30pm: Birthday Party @ 1024 boardroom</p>		