


# April 2025

Brunch is by donation Tuesdays & Thursdays **11-12pm** (unless other wise posted) open to all community members, if you are feeling unwell please choose to stay home or you may take a takeout meal. **Please sign up for groups to be contacted for cancelations(519) 371-3642 Ext. 2001**

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
	1 Social Drop-in 9-12 <b>Eid Celebration</b> in The Well with a meal 12-1pm  <b>No Brunch Today</b> <b>Closed in Afternoon</b>	2	3 Community Brunch 11-12  Reading quiet time 12-1  Social Drop-in 1-3	4 Social in The Well 1:30-3:30
7	8 Community Brunch 11-12  Creative Journaling 12:30-1:30 Games afternoon—3	9	10 Community Brunch 11-12 <b>Closed at noon today</b>	11 Social in The Well 1:30-3:30
14	15 Community Brunch 11-12  Easter Bingo 12:30-2:30 Guided Painting 2:30-3:30	16 	17 Community Brunch 11-12  Easter Craft 12:30-3	18 Closed for Good Friday
21 	22 Community Brunch 11-12  Nature and ink craft 12:30-3	23	24 Community Brunch 11-12  Walk 12:30-1  Trivia and name that tune 1-3pm	25 Social in The Well 1:30-3:30
28	29	30		

## 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 Leisure Links Program 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.



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

## The Coach House



# April

# 2025

**Social Recreation &  
Rehabilitation Site**

**55 Victoria Street, Markdale,  
ON N0C 1H0  
Tel: (519) 371-3642 ext. 2001**

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