


April 2025

Durham Group Services

Wednesday APRIL 2ND	Wednesday APRIL 9TH	Wednesday APRIL 16TH	Wednesday APRIL 23RD	Wednesday APRIL 30TH
<p>Pictionary and Games 12:30-3pm</p> <p>Lets play Pictionary and other fun games! Such as mini put, and ring swing!</p>	<p>Horticulture Group 12:30-3pm</p> <p>Lets propagate little plants from bigger plants! Together, we will learn how to propagate and care for a new plant by taking a clipping from another plant.</p>	<p>Easter Craft 12:30-3pm</p> <p>Today we will be making Easter theme wreaths that you can hang in your home!</p> 	<p>Musical Trivia & Name that tune 12:30-3pm</p> <p>This is the group for music lovers! We will alternate between naming a tune and musical trivial for a fun filled musical afternoon!</p>	<p>Nature Craft 12:30-3pm</p> <p>Using plants and other things collected from nature, we will use them as stamps in ink to create a beautiful piece of art.</p> <p>Please call Shawna to sign up for groups at 519-371-3642 ext. 2001</p> <p>Or email sbarker@cmhagb.org</p> <p>If you are feeling unwell, please choose to stay home.</p> <p>Groups are free of charge unless otherwise stated.</p>

The **Social Recreation and Rehabilitation/Group Services** program offers drop-in and scheduled programming at 5 different sites across Grey and Bruce counties. Each location offers a range of different recreational programming opportunities that are scheduled in consultation with the members. A monthly schedule is posted for each site and participants can attend as many activities as they are interested in.

Goals & Objectives:

- Provide a safe and inclusive space that enriches interpersonal relationships through social opportunities and recreation and leisure activities.
Provide groups that are accessible and meet the needs of a diverse range of interests and abilities.

What We Offer:

- Social recreation and rehabilitative services to reduce isolation and promote community, in a variety of categories, such as: creativity, life skills, mental health focused, fitness and sports recreation, social recreation, and special events.
- The activities are determined by our members' input at a monthly planning meeting.
Please note that each social recreation site has different offerings in activities/programs. For more information, please review the Monthly Activity Calendar found below under site locations or contact the Site Coordinator.

How Do I Get Connected?

Self-referrals are accepted, as well as referrals from support workers or other helping professionals.

If you are interested in joining groups, please call 519-371-3642 (Toll-Free at 1-888-451-2642) to make an appointment to meet with the coordinator of the site you are interested in.

DURHAM GROUP SERVICES



April 2025

Group Services Social Recreation
320 College St N, Durham, ON N0G 1R0
Tel: (519) 371-3642 ext. 2001
Email: sbarker@cmhagb.org
www.greybruce.cmha.ca