



Canadian Mental Health Association
 Grey Bruce
 Mental Health & Addiction Services

March 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)

IMPORTANT: LOCATION CHANGES EACH DAY. MOST ACTIVITIES NOW TAKING PLACE AT 1024 2ND AVE E. WALKS DEPARTING FROM 1024.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet Location:1024 2nd Ave E</p> <p>1:30pm: Walk/Snowshoe Inglis Falls meet at 1024</p>	<p>4. 9:00am: Walk at the Bayshore (inside or outside. Sign up for transportation) meet at 1024</p> <p>3:00pm: Hockey at Julie McArthur</p>	<p>5. 9:00am: Walk</p> <p>9:30am: Heritage Place Mall Social (sign up for transportation) meet at 1024</p> <p>1:30pm: Alcohol Ink with Rachel Location:1024 2nd Ave E</p>	<p>6. 9:00am: Walk</p> <p>9:30am-11:30am: Drop in Location:1024 2nd Ave E</p> <p>1:30pm: Bingo at St. Andrew's (Basement)</p>	<p>7. Location:1024 2nd Ave E</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>11:30am: Chair Yoga</p> <p>1:30pm: Cards & Crokinole</p>
<p>10. Location:1024 2nd Ave E</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm: Movie and popcorn</p>	<p>11. 9:00am: Walk</p> <p>10am departure: Bowling in Port Elgin \$5 meet at 1024</p> <p>3:00pm: Hockey at Julie McArthur</p>	<p>12. 9:00am: Walk</p> <p>9:30am: Elsie's Diner (pay for your own) meet at 1024</p> <p>1:30pm: Monthly Check in and Calendar Planning (gardens and groups) Location:1024 2nd Ave E</p>	<p>13. Location:1024 2nd Ave E</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>No Afternoon Groups</p>	<p>14. Location:1024 2nd Ave E</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm: Crafting Bottle Lanterns \$2 (painting)</p>



New Temporary Location: 1024 2nd Avenue East



2 doors down from Fresh Roots Café





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<p>17.</p> <p>9:00am: Walk</p> <p>No Meet and Greet</p> <p>1:30 Shamrock Shakes social @1024 boardroom</p> 	<p>18.</p> <p>9:00-11:30: Walk and coffee at Harrison Park (sign up required) Meet at 1024 office</p> <p>1:30pm: Spring seed Planting @1024 boardroom</p> <p>3:00pm: Hockey at Julie McArthur</p>	<p>19.</p> <p>9:00 Walk</p> <p>No Drop in</p> <p>10:00am: Trip to the Green house in Warton and shopping downtown (sign up required) Meet @ 1024 office</p>	<p>20.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Drop in (Come watch: World's Greatest Show featuring Chapman's)</p> <p>1:30pm: Members Lunch \$2 Chili Dogs</p> <p>Location: St. Andrew's (basement)</p>	<p>21.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm: Crafting Button Bouquets</p> 
<p>24.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>1:30pm: Photography Walk: Capturing Spring</p>	<p>25.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in at 1024 boardroom</p> <p>1:30 Music trivia @1024 boardroom</p> <p>3:00pm: Hockey at Julie McArthur</p>	<p>26.</p> <p>No Drop In</p> <p>11:00 Mary's Farm meet at 1024 office</p> <p>No Afternoon Groups</p>	<p>27.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in</p> <p>1:30pm: Monthly Birthday Party. Location: St. Andrew's (basement)</p>	<p>28.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet</p> <p>1:30pm: Freestyle Crafting (lets use up supplies!) 1024 boardroom</p>