



# May 2025

Brunch is by donation Tuesdays & Thursdays **11-12pm** (unless other wise posted). Brunch is open to all community members, if you are feeling unwell please choose to stay home or you may take a takeout meal. **Shawna's Contact: (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 Community Brunch 11-12 Walk 12:30-1 Games afternoon 12:30-3:30	1 Social in The Well 1:30-3:30
5	6 <b>No Brunch Today</b> Mental Health Week Lunch in Wiarton at the Greenhouse—Leaving at 9:30am <b>*Sign up Required*</b>	7	8 Community Brunch 11-12 Mindfulness Walk 12:30-1 Journaling& relaxation activities 1-3:30	9 Social in The Well 1:30-3:30
12 	13 Community Brunch 11-12 Walk 12:30-1 Guided Painting 1-3:30	14	15 Community Brunch 11-12 Musical Trivia& Name that Tune 12:30-3:30	16 Social in The Well 1:30-3:30
19	20 Community Brunch 11-12 Walk 12:30-1 Water colour Painting and Sketching in the garden 1-3:30	21	22 Community Brunch 11-12 <b>Closed in afternoon</b>	23 Social in The Well 1:30-3:30
26	27 Community Brunch 11-12 Sewing Tote Bags with Cookie 12:30-3:30	28	29 Community Brunch 11-12 Walk 12:30-1 Games afternoon 1-3:30	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.

The Social Recreation and Rehabilitation/Group Services program offers drop-in and scheduled programming at 6 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.

## 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.

## Is This Program for Me?

This program is for adults living with mental illness and/or addiction who are seeking social connection in a group setting. Participants must be able and willing to interact appropriately in a group setting and follow the responsibilities and guidelines of the program. They must also have set goals to enhance relationships and foster community.

## 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.



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

# The Coach House



# May 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)**