

# May 2025

# Durham Group Services

Wednesday May 7TH	Wednesday May 14TH	Wednesday May 21ST	Wednesday May 28TH	NOTES
<p><b>Mental Health Week</b></p> <p><b>Bottled up Emotions Activity</b></p> <p>1-3pm</p> <p>Its Mental Health Week! Today, we will be doing an activity that takes the emotions we have bottled up, and puts them onto paper in a creative way. Use colours, pictures, shapes, to demonstrate what these emotions feel like for you.</p>	<p><b>Windchime Craft</b></p> <p>1-3pm</p> <p>We will use recycled materials to create unique and beautiful windchimes to take home.</p>	<p><b>Walk About followed by games and colouring</b></p> <p>1-3pm</p> <p>Lets take a walk around the outside of the hospital to spark ideas for our outdoor summer activities! After, we can discuss while playing games and colouring.</p>	<p><b>Faux Stained Glass Craft</b></p> <p>1-3pm</p> <p>Stained glass is a beautiful art form that creates gorgeous pieces of art. Lets make our own version! Using a mixture of materials, we can create art that looks just like stained glass!</p>	<p>Please call Shawna to sign up for groups at 519-371-3642 ext. 2001</p> <p>Or 226-668-2357</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



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**Group Services Social Recreation**  
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