

June at the Dory

Call Stacey to Sign Up 519-371-3642 ext 3001

Monday - Thursday 8:30-4:30

Reminder to please stay home if feeling unwell

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
2. 9:00 Community Garden 11:00 Coffee at the Dory 1:00 Rock Painting	3. Dory North Port Elgin Faith Lutheran Church 11:00-Lunch 12:00 Planting the Garden (call to sign up)	4. Dory open 11:30 12:00– Lunch \$2.00 (sign up) 1:30-3:30 Darts	5. 9:00 Community Garden 10:00 Coffee at Tim Horton's 1:00 Walking the Boardwalk	6. Closed Fridays
9. 9:00 Community Garden 10:00 Coffee at the Dory 1:00 Pet Therapy & Manicures	10. Closed	11. Dory open 11:30 12:00– Lunch \$2.00 (sign up) 1:00 Bingo	12. 9:00 Community Garden 10:00 Coffee at Tim Horton's <hr/> Closed for a meeting	13. Closed Fridays
16. 9:00 Community Garden 10:00 Coffee at the Dory 1:00 Recovery College	17. Dory North Port Elgin Faith Lutheran Church 11:00-Lunch 12:00 Music Trivia (call to sign up)	18. 11:30 Community Lunch <u>Kincardine United Church</u> 1:00 Legal Aid Presentation with Angela Yenssen	19. 10:00 Coffee at Tim Horton's Camp Day At Harrison Park Owen Sound (sign Up)	20. Closed Fridays
23. Closed	24. Closed	25. Closed	26. 10:00 Coffee at Tim Horton's Closed	27. Closed Fridays
30. Closed		<u>Community Garden</u> Is Located in Geddes Park 647 Queen St. The Dory has Plot #37		

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 Dory 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.

Social interaction with others and assistance to connect with activities within the community is also available through the Leisure Links Program.



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

The Dory

**June
2025**

**Social Recreation &
Rehabilitation Site**

**865 Queen Street,
Kincardine, ON**

www.greybruce.cmha.ca

1-888-451-2642 Ext 3001