

May 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

**CMHA
Mental Health Week
May 5-11**

1. 10:00
Coffee at Tim Horton's
1:00
Indoor Seed Starting
(for community garden)
& Rock Painting

2. Closed Fridays

5. 10:00
Coffee at the Dory
1:00
Mental Health Tool Kit
& Journaling

6.. 11:00
Mental Health Week
Lunch at the Greenhouse
in Wiarton
(call to sign up)

7. Dory open 11:30
12:00– Lunch
\$2.00 (sign up)
1:30-3:30
How to Use Anxiety to Thrive
Boardroom Webinar

8 10:00
Coffee at Tim Horton's

Closed for a meeting

9. Closed Fridays

12. 10:00
Coffee at the Dory

1:00 - Pet Therapy
1:00 - Manicures (sign up)

13. Dory North Port Elgin
Faith Lutheran Church
11:00-Lunch
12:00
Game of Darts
(call to sign up)

14. Dory open 11:30
12:00– Lunch
\$2.00 (sign up)
1:30-3:30
Darts/Yahtzee

15. 10:00
Coffee at Tim Horton's
2:00
Shuffleboard
(Meet at Grey Matter)
(sign up)

16. Closed Fridays

19. Closed

20. Closed

21. 11:30
Community Lunch
Kincardine United Church

Closed

22. 10:00
Coffee at Tim Horton's

Closed

23. Closed Fridays

26. 10:00
Coffee at the Dory
1:00
Recovery College
(sign up)

27. Dory North Port Elgin
Faith Lutheran Church
11:00 -Lunch
12:00
The Sock Game
(call to sign up)

28. 10:00
Men's Breakfast
\$2.00 (sign up)
1:00- Popcorn & Movie

29. 10:00
Coffee at Tim Horton's
1:00
Sun Catchers
Craft
(sign up)

30. Closed Fridays

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

**May
2025**

**Social Recreation &
Rehabilitation Site**

**865 Queen Street,
Kincardine, ON**

www.greybruce.cmha.ca

1-888-451-2642 Ext 3001