



Canadian Mental
Health Association
Grey Bruce
Mental Health & Addiction Services


May 2025

Call to Sign up: 519-371-3642

Union Place: April (ext. 1214) Emily (ext. 1024)

Union Place/ Group Services

Group Services: Kyle (ext. 1330)

Monday	Tuesday	Wednesday	Thursday	Friday
			1. No Drop In Today 9:00am: Walk 9:30am: Guided meditation @Par room 11:00am: Mary's Farm	2. 9:00am: Walk 9:30-11:30am: Meet and Greet @1024 boardroom 1:30pm: Ice Cream Social @1024 boardroom
5. 9:00am: Walk 9:30-11:30am: Meet and Greet @1024 boardroom 1:30pm: Lego day with Gavan @1024 boardroom	6. No Drop in Today 9:00am: Walk 10:00am: Bonfire and Lunch at Wiarton Greenhouse	7. 9:00am: Walk 9:30-11:30am: Drop in @1024 boardroom 2:00pm: Thriving with Anxiety Webinar @1024 Boardroom <div>Mental Health Week</div>	8. No Drop In Today 9:00am: Walk 9:30am: Chair Yoga @Par room 1:30 Waste Walk: Community Cleanup	9. 9:00am: Walk 9:30-11:30am: Meet and Greet @1024 boardroom 1:30pm: Tea Party in celebration of Mother's Day @1024 boardroom
12. No Drop In Today 9:00am: Walk 10:00am: Paint by Number @ Par room 2:00pm: Bike Ride to Kelso	13. No Drop In Today 9:00am: Walk 10:00am: Healthy Kitchen at St. Andrew's No Afternoon Groups	14. No Drop in or walk today 11:00am: Tulip Festival and lunch in Wiarton \$15 (FYI no smoking on garden property)	15. No Drop in Today 9:00am: Walk 1:30pm: Members Lunch: BBQ and Karaoke with Jackie back of 1024 building \$2	16. 9:00am: Walk 9:30-11:30am: Meet and Greet @1024 boardroom 1:30pm: Origami with Anne @1024 boardroom



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>19.</p> <p>Closed for Victoria Day</p>	<p>20.</p> <p>No Drop In Today</p> <p>9:00am: Walk</p> <p>9:30am: Breakfast Out- ing at 10th Street Diner (pay for your own)</p> <p>1:30pm: Watch Task- master Show @1024 Boardroom</p> <p>3:00pm: Baseball Sign- up @1024 Boardroom</p>	<p>21.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Bingo @ St. Andrews (Gym)</p>	<p>22.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>No Afternoon Groups</p>	<p>23.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>10:30am: Garden Group</p> <p>1:30pm: Taskmaster Themed Games @1024 boardroom</p>
<p>26.</p> <p>No Drop In Today</p> <p>9:00am: Walk</p> <p>10:30am: Garden Group</p> <p>1:30pm: Sports at Harri- son Park (Pickleball, bas- ketball, hiking)</p> <p>1:30pm: Alcohol ink with Rachel @Par room</p>	<p>27.</p> <p>No Drop In Today</p> <p>9:00am: Walk</p> <p>11:00am-2:00pm: Men- tal Health Coffee House at Farmer's Market</p> <p>2-3:30pm Baseball @ St. George Field</p>	<p>28</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Drop in @1024 boardroom</p> <p>10:30am: Garden Group</p> <p>1:30pm: Monthly Birth- day Party @1024 board- room</p>	<p>29.</p> <p>9:00am: Walk</p> <p>9:30 -11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Stone Tree Driv- ing Range</p> <p>1:30pm Movie and snacks: Rogue 1 @Par room</p>	<p>30.</p> <p>9:00am: Walk</p> <p>9:30-11:30am: Meet and Greet @1024 boardroom</p> <p>10:30am: Garden Group</p> <p>1:30pm: Hike at Jones Falls (Level: Easy- Medium)</p>