

Connecting with others ...

**Meet N Greet /snacks & social
Mon & Fri mornings, 10:30 - 11:30**
drop in to the office and enjoy good company, a coffee and morning snack.



Mon, May 6th 8:30 am ~ lets kick off mental Health week 2019 and have breakfast together at Union Place!

Conversation Café ~ “Emotions” May 15th, 1:30 - 3:00 At the office. No cost

May 9th 1:30 - 3 Come learn about some of the Volunteer Opportunities at CMHA & more about the Ride don't Hide event. At office

H.O.P.E. group (Harvesting Our Personal Expertise) at the office. 1:30 - 3:00 No cost
Tues, May 21st Knitting with Jan; bring your projects & any questions
Wed, May 29th Treasure your talents with Melanie A reading, discussion & activity.

May 22nd 1:30 - 3:00 watch a “TED talks” about emotions and a discussion afterward

Creativity for the Mind and Soul

Artopia-Tom Thompson Art Group ~ 1:30 - 3:30 Thurs, May 2nd Join us to create art with others in a relaxing atmosphere and on **May 16th** for painting. No cost

Music Group ~ 2:00 - 3:30, May 3 ~ Sound explore with Tara McKenzie Come out and try her unique instruments...NO talent or experience necessary, all are welcome!!

May 17 and 31 ~ Coffee House Perform, sing along or just have a coffee and enjoy the music of others.

**Adult Colouring with Grace & Emily
May 24th, 2:00 pm** at the office.

**Photography ~ Thurs, May 23rd 1:30 - 3:00
Spring Scavenger hunt!** Come on out and bring your camera. If you need to borrow a camera, let us know! :)



Wellness

Nature Walk Harrison Park Tues, May 1, 2:00 – 3:00 A shorter and level trail. Meet at Office.

Gentle Fit May 13, 2:00 - 3:00 Move and Groove with us to the music! Light exercises. St Andrew's Church Gym. No cost

**Hike with Jim - Tues, May 14th
Merle Gunby Loop (fairly easy) & Friday, May 31st Sydenham River Trails** (a more strenuous one) Call for more details or to sign up. Meet at office for 11:45

Yoga ~ Friday, May 17, 24 and 31
(No Yoga May 3 or 10), **12:30 - 1:30** at the Central Westside Church. Exercise at your own pace. Breathing & Relaxation. **Cost \$1.00**

Healthy Kitchen ~ May 13th 12:00 - 2:00 prepare a seasonal recipe -St. Andrew's Church Space is limited, so please register! **Cost \$2.00**

May 30th 1:30 - 3:00 Join us at the office as we learn about gambling both online and off. No cost

Social /Recreational Activities

Volleyball ~ Monday, May 6th & 27th 2:00 - 3:00
St. Andrew's Church. All levels welcome.

Please wear dry footwear. No Cost

Galaxy Movie Night May 7th 6pm Call to sign up. Meet at the office **Cost \$9- \$13**

**Men's Group ~ May 22nd shoot pool 2:30 - 3:30
Mental Health Week events...Call us to sign up!!**

May 8th ~ 9:30 am - 3:30 pm Annual Consumer Conference. All day activities and the fun of “togetherness”! **May 10th ~ 1:30 - 3:30 GBHS**

Coffee House Performances in the big tent outside GBHS to wrap up Mental Health week.



Baseball begins! ~ Tuesday May 28th at Harrison field . Come try it out!

*****Remember weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating at your own risk.**

MAY 2019

Program Descriptions

GROUP SERVICES

COMMUNITY CONNECTIONS HOUSING AND SUPPORT



**Please call Kathy
or Angela
at 519-371-2390**

We are a Community Mental Health Program which offers skill based and social recreational groups for adults.

A program of **HopeGreyBruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.