

February 2020

Community Connections: Housing & Support
519-371-2390



Canadian Mental Health Association
Grey Bruce
Mental Health and Addiction Services

S	M o n	T u e	W e d	T h u	F r i	S a t
						1 Talk Today Attack Hockey Game 6:45 pm (tickets pre-ordered)
2	3 Meet N Greet 10:30 - 11:30 Pickleball 2:00 - 3:00	4 Hockey Group 2:00 - 3:30	5 Winter Photography Around the park 10:30 - 12:00	6 Artopia Group At Tom Thomson Gallery 1:30 - 3:30	7 Meet N Greet 10:30 - 11:30 Yoga 12:30 - 1:30 Music Group ~Trivia & Coffee House 2:00~3:30	8
9	10 Meet N Greet 10:30 - 11:30 Volleyball 2:00 - 3:00	11 Morning Snowshoe/Walk 11:00 - 12:00 Hockey Group 2:00 - 3:30	12 Morning Skating/Walk 11:00 - 12:00 Recovery Poetry Book with Melanie 1:30 - 3:00	13 Drumming & Cultural Learnings Guest Speaker from M'Wikwedong Native Cultural Resource Centre 1:30 - 3:00	14 Meet N Greet 10:30 - 11:30 Sleigh Ride at Glendale Farms 11:15 - 2:30	15 
16	17 Family Day Office Closed	18 Hockey Group 2:00 - 3:30	19 Heart & Stroke Information 1:30 - 3:00	20 Artopia Group At Tom Thomson Gallery Tissue Paper Art 1:30 - 3:30	21 Meet N Greet 10:30 - 11:30 Yoga 12:30 - 1:30 Music Group Coffee House 2:00 - 3:30	22
23	24 Meet N Greet 10:30 - 11:30 Healthy Kitchen ~ Pancakes 12:00 - 2:00 Volleyball 2:00 - 3:00	25 Morning Snowshoe/Walk 11:00 - 12:00 Hockey Group 2:00 - 3:30	26 Men's Group Ted Talks 1:30 - 3:00 Women's Group Colouring at the Frog Pond 1:30 - 3:00	27 Conversation Café Relationships 1:30 - 3:00	28 Meet N Greet 10:30 - 11:30 Yoga 12:30 - 1:30	29 Coming ... **March 7th - Fleetwood Nicks & Practically Petty Tribute Concert ask for details