




# #WhereToGetCareGreyBruce

## MENTAL HEALTH DROP-IN CLINIC LOCATIONS

All clinics are open from 1:00 - 3:00PM unless stated otherwise.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The X Change	Owen Sound Safe n Sound Lion's Head Hospital The Loft CMHA Kincardine	Owen Sound Market Meaford Library Warton Allied Health Building The X Change	Durham Knox United Church Warton Allied Health Building West Gray Public Library	The X Change
Stone Tree The X Change	Meaford Library 10:00-11:00AM Owen Sound Safe n Sound Lion's Head Hospital The Loft	Hanover Civic Centre Meaford Library The X Change	Warton Allied Health Building	The X Change
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S.O.S. Clinics  
Mental Health Clinics (CMHA)  
Mental Health Clinics (Brightshores)

**Grey-Bruce Community Help Line**  
Connect with a friendly navigator for support and warm transfer to local health and social services across Grey Bruce.  
**1-844-806-3093**