



**Psychiatric Day Centre
General Information
For Patients and Families
Covenant Health
Mental Health Program
Grey Nuns Community Hospital**

What is the Psychiatric Day Centre Program?

This is a program for people who have had a mental illness over a long period of time and who would benefit from social and leisure activities.

The program offers support and helps to maintain a person's independence in the community. This program is a bridge between the hospital and the community.

Where is the program offered?

It is offered at the Grey Nuns Community Hospital . Activities take place in the hospital and out in the community.

Who provides the program?

The program is run by the Recreation Therapist in the Mental Health Program.

When is the program offered?

It runs Monday to Friday from 1:00 p.m. to 3:30 p.m.

Who provides the program?

The program is run by the Recreation Therapist in the Mental Health Program.