

Program Calendar




10:00 – 2:00



April 2019



71 Raleigh St.
Chatham, ON
N7M2M9
519-351-3100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	2	3	4	5	6
10:00 News & Views Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 April Fool's Day-History/Fun 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 The News & View Breakfast Club 10:30 Community Walk <i>with Katie</i> 11:00 Creative Writing <i>with Jeff</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Self Compassion <i>with Katie</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Understanding Identity Theft, Internet and Telephone Scams <i>with Jenny</i>	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Food & Body Connections <i>with Jen</i> 12:30 Catch Phrase <i>with Maria</i> 1:00 Self Esteem Group <i>with Jeff</i>	10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 MHNCK Karaoke 12:00 Community Kitchen Free Lunch! 1:00 5-Pin Bowling -cost \$2.00	Breakfast served at First Presbyterian Church 9:30-11am
8	9	10	11	12	13
10:00 News & Views Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 Music Appreciation <i>with Jen</i> 12:00 Free Lunch! 1:00 B-I-N-G-O <i>with Katie</i>	10:00 The News & View Breakfast Club 10:30 Community Walk <i>with Katie</i> 11:00 Creative Writing <i>with Jeff</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 -12:00 Buxton National Museum-Limited seating-\$2.00 cost 10:00 The News & View Breakfast Club 11:00 Self Compassion <i>with Katie</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Poker <i>with Jeff</i>	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Food & Body Connections <i>with Jen</i> 12:30 Catch Phrase <i>with Maria</i> 1:00 Self Esteem Group <i>with Jeff</i> 7:00-8:30 Wings of Change	10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Creativity <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am
15	16	17	18	19	20
10:00 News & Views Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 The News & View Breakfast Club 10:15 Crock-a-doodle-cost \$2 11:00 Creative Writing <i>with Jeff</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Self Compassion <i>with Katie</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Farmer's Market Trip 7:00-9:00 Family Support Group	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Food & Body Connections <i>with Jen</i> 12:30 Catch Phrase <i>with Maria</i> 1:00 Self Esteem Group <i>with Jeff</i>	MHNCK Closed Good Friday	Breakfast served at First Presbyterian Church 9:30-11am
22	23	24	25	26	27
 MHNCK Closed Easter Monday 6:00-8:00 Free2BeMe Special Event	10:30 Walking to our Easter Brunch 11:00 Easter Brunch – Shepherd's Way Inn- Must have a ticket to attend. Cost: \$2.00 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Diabetes Education Session <i>With Jen Smith</i> 1:00 5-Pin Bowling -cost \$2.00	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Food & Body Connections <i>with Jen</i> 12:30 Catch Phrase <i>with Maria</i> 1:00 Self Esteem Group <i>with Jeff</i> 7:00-8:30 Wings of Change	10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Creativity <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am
29	30	 WHAT'S HAPPENING IN CHATHAM-KENT? Every Tuesday at 2pm - Movies at your Public Library \$5.00 Movies at the Capitol on Wednesday nights April 22 - Earth Day! April 27-Chatham-Kent Expo. Tickets \$15.00 John D. Bradley Convention Centre Save the date: Come and celebrate the start of Mental Health Awareness Week on Monday, May 6, with our annual Flag Raising & BBQ at the Civic Center!. visit www.mhnck.com for details.			
10:00 News & Views Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Jeopardy! <i>With Jenny</i> 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	The Mental Health Network will be closed today for an off-site forum "ON THE OTHER SIDE OF BROKEN" Tickets: \$75.00-includes lunch				

General Members Meeting	<i>A chance for all members to come together and receive updates about what is going on at MHN. Also an opportunity to give your input!</i>
Chair Yoga	A yoga class designed for all ages as all postures can be done from a seated or standing position.
Guided Meditation	Take time out today to meditate! Together we will learn how meditation adds value to our lives.
Easter Brunch	Must have a ticket to attend. Register early as there are limited seats. Brunch will be at Shephard's Way Inn.

Self Compassion with Katie	Learn how to treat yourself with kindness and promote positive emotions through the use of self-compassion.
Self Esteem with Jeff	Learn how certain experiences effect self-esteem and how to increase your sense of self-worth.
Women's Group with Sarah	A support group for women of all ages. Join women from our community who understand.
Farmer's Market	What's more fun than shopping...SHOPPING WITH FRIENDS! Join us as we travel to a local destination of interest!

Creative Writing	Have fun with different creative writing games while learning to write poetry, stories, and how to journal.
Cards with Sharron	This creative group will teach you how to make beautiful handmade cards for any occasion!
Pet Therapy Dog Visits	St. John Ambulance therapy dogs come to visit the first and third Tuesday of every month. Come out and feel the love from our furry friends!
Positivity Group	Do you see the glass as 1/2 empty or 1/2 full? This group will help you to see the positive side of life. Join us for a fun group that will be sure to make you smile!

Men's Group with Jose	A support group for men of all ages. Join men from our community who understand.
Health Education Session	Janice Dudley a Nurse from CKHA who teaches techniques and strategies for healthy living and personal care.
Brain Games	Did you know that playing games can help keep your mind sharp....while having fun? Give your brain a workout by playing fun games that sharpen your mind. Challenge yourself and your abilities.

Food & Body Connections	This group is for anyone wanting a healthier food and body connection. Topics about body image, our relationship with food, support for your diet etc. You don't have to do it alone!!
Free2BMe	This group will provide a safe space for youth (16-25) who are part of the LGBTQ+ community and their allies. Exciting activities, conversations, games, crafts, learning and more!
The Other Side of Broken	Brian Knowler tells his trauma tale and how this affected him and his family. Tickets \$75 Register online at Eventbrite

Community Walk	This is an excellent choice if you are new to fitness. Regular exercise boosts energy, reduces stress, improves sleep, improves flexibility, and so much more. If you're ready to reap the benefits of a healthy, active lifestyle, This group is for you!
Music Appreciation	Enjoy music? Join Jeff as he leads a group of music appreciation. Music is a wonderful way to express feelings and to use for relaxation and enjoyment.
Diabetes Education Sessions	Jennifer Smith, a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.

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Phone 519-351-3100 Fax 519-351-3400
www.mhnck.com

"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"

