



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WHAT'S HAPPENING IN CHATHAM-KENT? Feb. 21 at 7pm -Chatham Kent Public Library- Unplugged Music Hour -Banjo and Strum Stick Feb. 28 at 7pm -Chatham Kent Public Library- Unplugged Music Hour -Acoustic Rock Music Soup Kitchen on Tuesday's from 11-12:30 at Praise Fellowship Church Soup Kitchen on Thursday's from 11-12:30 at St. Agnes Church	Every Tuesday at 2pm- Movies at your Public Library Feb. 7 at 7pm -Chatham Kent Public Library- Unplugged Music Hour -Country music		1 10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Building Self Esteem <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	2 Groundhog Day 10:00 Morning Social 10:30 Indoor Walking Club <i>with Jenny</i> 10:30 Cooking Club 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Quick Draw <i>with Jeff</i>	3 Breakfast served at First Presbyterian Church 9:30-11am 4
5	6	7	8	9	10
10:00 News & Views Breakfast Club 10:30 Indoor Walking Club <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group)	10:00 The Breakfast Club 10:30 Strength Training <i>with Jeff</i> 11:00 String Art <i>with Sam</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 & Views Breakfast Club 10:30 Indoor Walking Club <i>with Jenny</i> 11:00 Body Wise Challenge <i>with Jenny</i> 12:00 Free Lunch! 1:00 5-Pin Bowling - cost \$2.00 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Building Self Esteem <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	10:00 Morning Social 10:30 Indoor Walking Club <i>with Jenny</i> 10:30 Cooking Club 11:00 Smoke is Smoke presentation by the Public Health Unit 12:00 Community Kitchen Free Lunch! 1:00 Zentangle <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am 11 Hot Meal served at Emmanuel Baptist Church 4-5pm
12	13 Shrove Tuesday/Mardi Gras	14 Valentine Day	15	16 Chinese New Year	17
10:00 News & Views Breakfast Club 10:30 Indoor Walking Club <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 1:00 Over think much? <i>with Sarah</i> 1:30 Hope and Recovery (hospital group)	10:00 The Breakfast Club 10:30 Strength Training <i>with Jeff</i> 11:00 Mardi Gras Party 12:00 Pancake luncheon 12:30 Guided Meditation <i>with Sam</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	Valentine Day Dinner & Movie with Friends! Please sign up for this event MHNCK Open 2pm-6pm today	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Building Self Esteem <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i> 7:00-9:00 Family Support Group	10:00 Morning Social 10:30 Indoor Walking Club <i>with Jenny</i> 10:30 Cooking Club 11:00 Chinese New Year Celebration -The Year of the Dog 12:00 Community Kitchen Free Lunch! 1:00 Cards with Sharon	Breakfast served at First Presbyterian Church 9:30-11am 18
19	20	21	22	23	24
Closed for Family Day	10:00 The Breakfast Club 10:30 Strength Training <i>with Jeff</i> 11:00 String Art <i>with Sam</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 & Views Breakfast Club 10:00 Body Wise- Presentation at the YMCA-Your Feet Your Health pre- registration is required (see Jenny) 11:00 Painter's Corner <i>with Sam</i> 12:00 Free Lunch! 1:00 5-Pin Bowling - cost \$2.00 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Building Self Esteem <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	10:00 Morning Social 10:30 Indoor Walking Club <i>with Jenny</i> 10:30 Cooking Club 11:00 Bingo! 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Zentangle <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am 25 Hot Meal served at St. Andrew's Church 4-5pm
26	27	28			
10:00 News & Views Breakfast Club 10:30 Indoor Walking Club <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 1:00 Over think much? <i>with Sarah</i> 1:30 Hope and Recovery (hospital group)	10:00 The Breakfast Club 10:30 Strength Training <i>with Jeff</i> 11:00 String Art <i>with Sam</i> 12:30 Guided Meditation <i>with Sam</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Indoor Walking Club <i>with Jenny</i> 11:00 Diabetes Education Session with Jennifer S 12:00 Free Lunch! 1:00 Trip to the Farmer's Market 2:15 Young Minds <i>with Jeff</i>			

Save the Date!!
 Our Annual Run for Mental Health will take place on Saturday May 12!
 We have special rates for MHNCK members! If you are interested in participating, please see Jenny!

General Members Meeting **NEW!**
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!

Zentangle
 The Zentangle Method is an easy to learn, fun and relaxing way to create beautiful images by drawing simple structured patterns.

Guided Meditation
 Take time out today to meditate! Together we will learn how meditation adds value to our lives.

NEW! Overcoming Overthinking
Are you worried about things you can't control? Does worrying keep you up at night? This group will explore ways to find happiness in the present moment. Develop skills to stop worrying and start listening.

Building Self Esteem
 Learn what contributes to healthy self-esteem and how to improve it through positive thinking and self-compassion.

Sit & Stretch
 A new fitness program that will help you increase your range of motion, strengthen muscles and condition your entire body!

Women's Group with Sarah
 A support group for women of all ages. Join women from our community who understand.

Local Shopping **NEW!**
What's more fun than shopping...SHOPPING WITH FRIENDS! Join us as we travel to a local destination of interest!

Young Minds
 Are you between 16-35? If so this group is for you! A support group where friends can share experiences, meet, hang out, and have fun! Come join us. WE LIVE IT, WE GET IT

Cards with Sharron
 This creative group will teach you how to make beautiful handmade cards for any occasion!

Pet Therapy Dog Visits **NEW!**
 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!

Presentation Smoke is Smoke by the Public Health Unit
 While many people know that there is no safe level of exposure to smoke, many are not aware of the health risks associated with exposure to smoke from cannabis or a hookah pipe. Just like tobacco, both produce second-hand smoke.

Men's Group with Jose **NEW!**
 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 **NEW!**
 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.

Body Wise **NEW!**
 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!!

Quick Draw! **NEW!**
 A friendly drawing and guessing game similar to Pictionary. Anyone can participate and join the fun, no artistic skills required.

Knot Just Yarn!
 Crafty space for all. Enjoy great cup of coffee/tea and get creative! Bring your current project, start a new one! Knit, crochet, beading, needlework or any craft. Want to learn? Your peers can help you!

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!

Creative Colouring
 Benefits of Colouring for Adults: Stress & anxiety levels have the potential to be lowered. Negative thoughts diminish as you take in positivity. Focusing on the present helps you achieve mindfulness. Unplugging from technology promotes creation over consumption. It's a hobby that can be taken with you wherever you go

Diabetes Education Sessions
 Jennifer Smith a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.

**71 Raleigh St.
 Chatham, ON N7M 2M9
 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"

