

Program Calendar




www.mhnck.com



January 2019



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1	2	3	4	5
	MHNCK Closed Happy New Year	 MHNCK Closed	Fun and Games At Hope House MHNCK open from 10-2 Pajama Day 7:00-8:30 Wings of Change	Fun and Games At Hope House MHNCK open from 10-2 Wacky Hair Day	Breakfast served at First Presbyterian Church 9:30-11am
7	8	9 Hawaiian Day	10	11	6
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <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) 4:00-6:00 Free2BMe Group	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Favorite Memories-Places <i>with Shane</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Jenny</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:30 Creative Writing Group <i>with Shane</i> 11:00 Hawaiian Day Fun <i>with Jenny</i> 12:00 Hawaiian Pizza pre-order by 11am 1:00 Hawaiian Origami <i>with Sam</i>	10:00 The News & View Breakfast Club 10:30 Sketching for Beginners <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</i> 1:00 Understanding Depression <i>with Jeff</i>	10:15 Chili Cook off between Kelly and Leo! 10:30 Positivity Group <i>with Jenny</i> 11:00 Winter Pictionary! <i>With Jeff</i> 12:00 Community Kitchen Free Lunch! 12:30 Creativity <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am
14	15	16	17	18	12
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 How to become a volunteer in our community <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Favorite Memories-Places <i>with Shane</i> 1:00 Women's Group <i>with Jenny</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:30 Creative Writing Group <i>with Shane</i> 11:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Learn to Play Poker <i>with Jeff</i>	10:00 The News & View Breakfast Club 10:30 Sketching for Beginners <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</i> 1:00 Understanding Depression <i>with Jeff</i> 7:00-8:30 Wings of Change	10:15 Cooking Club 10:30 Positivity Group <i>with Jenny</i> 11:00 Guest Speaker- Deb from the Public Health Unit 12:00 Community Kitchen Free Lunch! 12:30 Creativity <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am
21	22	23	24	25	13
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Martin Luther King Jr. Day 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Favorite Memories-Places <i>with Shane</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Jenny</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:30 Creative Writing Group <i>with Shane</i> 11:00 Diabetes Education Session <i>With Jen Smith</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Learn to Fold Origami <i>with Sam</i>	10:00 The News & View Breakfast Club 10:30 Sketching for Beginners <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</i> 1:00 Understanding Depression <i>with Jeff</i> 7:00-9:00 Family Support Group	10:15 Cooking Club 10:30 Positivity Group <i>with Jenny</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 12:30 Creativity <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am
28	29	30 BELL LET'S TALK DAY	31		20
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 5-Pin Bowling -cost \$2.00 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Favorite Memories-Places <i>with Shane</i> 1:00 Women's Group <i>with Jenny</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:30 Creative Writing Group <i>with Shane</i> 11:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 How to Find Purpose <i>with Jeff</i>	10:00 The News & View Breakfast Club 10:30 Sketching for Beginners <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</i> 1:00 Understanding Depression <i>with Jeff</i> 7:00-8:30 Wings of Change		Emmanuel Baptist Church Dinner 4-5
					27

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>
NEW! Sketching for Beginners
Have you always enjoyed doodling? Have you wanted to learn to sketch? Learn at your own pace, make it, bring creativity to life. Class is for all levels.
Guided Meditation
Take time out today to meditate! Together we will learn how meditation adds value to our lives.
NEW! Knot Just Yarn
<i>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!</i>

NEW! Positivity Group
Positivity is good for you! Learn ways to turn negatives into positives. Stop negative self talk in it's tracks!
NEW! Creative Writing
Interested in learning more about writing? Looking for the chance to flex your storytelling skills? Then this group is for you!
Women's Group with Jenny
A support group for women of all ages. Join women from our community who understand.
Creative Colouring
What are the benefits of colouring? Focusing on the present helps you achieve mindfulness. Unplug from technology, and relax as you create. It's a hobby that can be taken with you wherever you go

Creativity with Sam
Join us for some creativity and fun! Requires no talent, Just a willingness to try.
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!
NEW! Wings of Change
<i>Meetings we participate in are anonymous, solution-based discussion and education regarding any work-related trauma and mental health challenge. We always refrain from 'trauma-talk' (call/patient details of any kind) as it is best discussed with healthcare professionals.</i> ALL First-Responders Welcome, Law Enforcement, Communications Officers, Members of the Military, Healthcare Providers, Child Protection, Animal, Funeral, Correctional, and Judicial Service Workers are welcome career, retired, or volunteer.

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.

♥ The Skin Your In
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!!
NEW! 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!
NEW! Understanding Depression
Learn how depression changes our mood, thinking and behaviour, as well as how to cope with it.

NEW! Favorite Memories with Shane
Learn how to access positive memories, express those memories, honour those memories. Let's share those positive memories with others.
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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"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"

