

Program Calendar




10:00 – 2:00



June 2019



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3	4	5 <i>St. Ursula's Parish meal 4:30-5:30</i>	6	7	8
10:00 Coffee Talk & Breakfast Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Weight & Body Image Support Group <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Moving Forward <i>with Jeff</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 Coffee Talk & Breakfast Club 10:15 Hope House Yard & Garden Care 11:00 Farmer's Market Trip 12:00 Pepperoni Pizza pre-order by 11am 1:00 Creativity with Sam 2:15 WRAP <i>with Jeff</i>	10:00 Coffee Talk & Breakfast Club 10:30 Guided Meditation 11:00 Card Making <i>with Sharon</i> 1:00 Bingo! <i>With Katie</i> 7:00-8:30 Wings of Change	 Please Sign up for this event at MHNCK	Breakfast served at First Presbyterian Church 9:30-11am 9
10	11	12	13	14 Beatles Theme Day!!	15
10:00 Coffee Talk & Breakfast Club 10:30 Positivity Group <i>with Sarah</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 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Creativity with Sam 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 Coffee Talk & Breakfast Club 10:00 Creative Expressions (hospital group) 10:15 Hope House Yard & Garden Care 11:00 Brain Games with Jenny 12:00 Pepperoni Pizza pre-order by 11am 1:00 Euchre & card games 2:15 WRAP <i>with Jeff</i>	Day in Wallaceburg At 10:00am we will leave Chatham to go to the Wallaceburg Museum. Afterwards we will have lunch in a Wallaceburg park. After lunch we will have fun & games in the park returning to MHNCK for 2PM 7:00-9:00 Family Support Group	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Guided Meditation <i>with Sam</i> 11:00 Beatles Fun & Games 12:00 Community Kitchen Free Lunch! 1:00 Beatles Name that Tune Afternoon Tea & Cookies	Breakfast served at First Presbyterian Church 9:30-11am 16 
17	18	19 <i>St. Ursula's Parish meal 4:30-5:30</i>	20	21	22
10:00 Coffee Talk & Breakfast Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Weight & Body Image Support Group <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Creativity with Sam 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	Day at the Beach Swimming, Games & Ice-cream! 10-2  Please sign up for this trip- limited seating!	MHNCK Closed For Staff Development 7:00-8:30 Wings of Change	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Guided Meditation <i>with Sam</i> 11:00 Wellness Tools <i>with Jeff</i> 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Mudd Creek Trail Walk	Breakfast served at First Presbyterian Church 9:30-11am 23 Hot Meal served at Emmanuel Baptist Church 4-5pm
24	25	26	27	28	29
10:00 Coffee Talk & Breakfast Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Weight & Body Image Support Group <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 Coffee Talk & Breakfast Club 10:30 Pick your own Strawberries (\$) 11:00 Creativity with Sam 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 Coffee Talk & Breakfast Club 10:00 Creative Expressions (hospital group) 10:15 Hope House Yard & Garden Care 11:00 Diabetes Education Session with Jen Smith 1:00 Farmer's Market Trip 2:15 WRAP <i>with Jeff</i>	9:30-2:00 Trip to the Oil Museum of Canada Please sign up for this Trip \$2.00 Travel & Lunch Fee	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Guided Meditation <i>with Sam</i> 11:00 Bike/E-Bike Safety Presentation with Officer Tamara 12:00 Community Kitchen Free Lunch! 1:00 Outdoor Fun & Games	Breakfast served at First Presbyterian Church 9:30-11am 30



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>
Backyard Fun & Games
The weather is beautiful to enjoy our outdoor space. Join us for a game of badminton, bocce Ball, Ladder ball or even a water game or two!
Guided Meditation
Take time out today to meditate! Together we will learn how meditation adds value to our lives.
Summer Trips
<i>We have a variety of summer trips. Be sure to check them out and sign up early as these trips fill up fast!</i>



Moving Forward
Learn to set realistic goals and to break large goals down into manageable steps while overcoming obstacles with the help of the group.
Beatles Theme Day
Come in your Beatle attire and prepare to learn more about the Beatles. Listen to music, trivia, Beatle Pictionary are some of what you can look forward to!
Women's Group with Sarah
A support group for women of all ages. Join women from our community who understand.
Farmer's Market
<i>What's more fun than shopping...SHOPPING WITH FRIENDS! Join us as we travel to a local destination of interest!</i>

Creativity with Sam
Join us for a fun art project that is fun and 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!
Positivity Group
<i>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!</i>

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.

Weight & Body Image Support Group
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!
Guest Speakers
Friday, June 21 Jeff will be presenting a group on wellness tools to add to your toolbox. Friday, June 28 Tamara of the Chatham Kent Police will be presenting on Bike/ E-Bike safety.



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.

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"

