

# Program Calendar

[www.mhnck.com](http://www.mhnck.com)



# March 2020



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2	3	4 <i>St. Ursula Parish Meal 4:30-5:30pm</i>	5	6	7
10:00 Coffee Talk & Breakfast Club 10:30 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 12:30 Walking Group <i>with Sarah</i> 1:00 MHNCK gives back! Making Sandwiches for ROCK Missions 1:30 Hope and Recovery (hospital group)	10:00 Coffee Talk & Breakfast Club 10:30 Meditation Group <i>with Jeff</i> 11:00 Amy's Adventures in Australia 12:00 Bring your own lunch 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 Coffee Talk & Breakfast Club 10:30 Good News Group <i>with Katie</i> 11:00 Shopping Trip to Michaels/Walmart 12:00 Pepperoni Pizza pre-order by 11am \$1.00 per slice-3 slice max. 1:00 Building Self-Esteem <i>with Jeff</i>	10:00 Coffee Talk & Breakfast Club 10:30 Laughter the Best Medicine <i>With Jenny</i> 11:00 Unplugged-board games <i>with Katie</i> 12:00 Bring your own lunch 12:30 Baking <i>with Jenny</i>	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club with Mark 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 <b>Community Kitchen Lunch</b> 1:00 WII Games <i>with Jeff</i>	Breakfast served at First Presbyterian Church 9:30-11am  8 Daylight Savings Time Clocks "spring" ahead at 2am
9	10	11	12	13	14
10:00 Coffee Talk & Breakfast Club 10:30 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 12:30 Walking Group <i>with Sarah</i> 1:00 Nifty Needlers <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)	10:00 Coffee Talk & Breakfast Club 10:30 Meditation Group <i>with Jeff</i> 11:00 Weight/Body Support Group- <i>Jen</i> 12:00 Bring your own lunch 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 Coffee Talk & Breakfast Club 10:30 Good News Group <i>with Katie</i> 11:00 Mental Health Video <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am \$1.00 per slice-3 slice max 1:00 Building Self-Esteem <i>with Jeff</i>	10:00 Coffee Talk & Breakfast Club 10:30 Laughter the Best Medicine- <i>Jenny</i> 11:00 Unplugged-board games <i>with Katie</i> 12:00 Bring your own lunch 1:00 Creative Photo Journaling <i>with Jeff</i> 2:30 Bereavement Group <i>with Pam</i> <i>Must be pre-registered to attend.</i>	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 <b>Guest Speaker: Al Mcguigan</b> ROCK Missions 12:00 <b>Community Kitchen Lunch</b> 1:00 Creativity <i>with Maureen</i>	Breakfast served at First Presbyterian Church 9:30-11am  15 Emmanuel Baptist Church Dinner 4-5
16	17 <b>St. Patrick's Day – Wear Green</b>	18 <i>St. Ursula Parish Meal 4:30-5:30pm</i>	19 <b>First Day of SPRING!</b>	20	21
10:00 Coffee Talk & Breakfast Club 10:30 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 12:30 Walking Group <i>with Sarah</i> 1:00 Nifty Needlers <i>with Jenny</i> (crocheting, knitting or cross stitch) 1:30 Hope and Recovery (hospital group)	10:00 Coffee Talk & Breakfast Club 10:30 St. Patty's Celebration 12:00 St. Patty's Day Luncheon 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 Coffee Talk & Breakfast Club 10:30 Good News Group <i>with Katie</i> 11:00 Movie and Popcorn-title to be determine 12:00 Pepperoni Pizza pre-order by 11am \$1.00 per slice-3 slice max 1:00 Continuation of movie	10:00 Coffee Talk & Breakfast Club 10:30 Laughter the Best Medicine- <i>Jenny</i> 11:00 Unplugged-board games <i>with Katie</i> 12:00 Bring your own lunch 12:30 Baking <i>with Jenny</i> <b>7:00-9:00 Family Support Group</b>	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 <b>Community Kitchen Lunch</b> 12:30 Poker Tournament <i>with Jeff</i>	Breakfast served at First Presbyterian Church 9:30-11am  22
23	24	25	26	27	28
10:00 Coffee Talk & Breakfast Club 10:30 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 12:30 Walking Group <i>with Sarah</i> 1:00 Nifty Needlers <i>with Jenny</i> (crocheting, knitting or cross stitch) 1:30 Hope and Recovery (hospital group)	10:00 Coffee Talk & Breakfast Club 10:30 Meditation Group <i>with Jeff</i> 11:00 Weight/Body Support Group- <i>Jen</i> 12:00 Bring your own lunch 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 Coffee Talk & Breakfast Club 10:30 Good News Group <i>with Katie</i> 11:00 Diabetes Education Session <i>With Jen Smith</i> 12:00 Healthy lunch 1:00 Building Self-Esteem <i>with Jeff</i>	10:00 Coffee Talk & Breakfast Club 10:30 Laughter the Best Medicine - <i>Jenny</i> 11:00 Unplugged-board games <i>with Katie</i> 12:00 Bring your own lunch 1:00 Creative Photo Journaling <i>with Jeff</i> 2:30 Bereavement Group <i>with Pam</i> <i>Must be pre-registered to attend.</i>	10:00 Coffee & Tea Morning Chat 10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 <b>Guest Speaker: Lyndsay Davidson</b> Public Health- Eating well on a budget. 12:00 <b>Community Kitchen Lunch!</b> 12:30 Member's Meeting 1:00 Creativity <i>with Maureen</i>	Breakfast served at First Presbyterian Church 9:30-11am  29
30	31				
10:00 Coffee Talk & Breakfast Club 10:30 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 12:45 5 Pin Bowling at Bowlerama Please sign up for trip- \$2.00 fee 1:30 Hope and Recovery (hospital group)	10:00 Coffee Talk & Breakfast Club 10:30 Meditation Group <i>with Jeff</i> 11:00 Game of Euchre anyone? 12:00 Bring your own lunch 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>				

<b>General Members Meeting</b>
<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>
<b><i>NEW!</i> Mental Health Videos</b>
We will stream an educational or inspiring video for all to enjoy! Topics will vary for each group.
<b>Guided Meditation with Jeff</b>
Take time out today to meditate! Together we will learn how meditation adds value to our lives.
<b>Baking Group</b> <i>NEW!</i>
Now, here's a recipe for fun! Take a handful of good friends and one cozy kitchen, combine with a few delightfully sweet recipes, the intoxicating smells of baked treats, and quality time spent together.

<b>Positivity Group with Sarah</b>
Positivity Is good for you! Learn ways to turn negatives into positives. Stop negative self talk in it's tracks!
<b>Walking Group</b>
Tired of walking alone? Looking for a new way to motivate yourself? Come to Hope House! An easy way to have fun and to get fit! Let's do this together!
<b>Women's Group with Sarah</b>
A support group for women of all ages. Join women from our community who understand.
<b>Creative Colouring</b> <i>NEW!</i>
<i>What are the benefits of colouring? Focusing on the present helps you <b>achieve mindfulness. Unplug from technology, and relax as you create.</b> It's a hobby that can be taken with you wherever you go</i>

<b><i>NEW!</i> Good News Group</b>
We all have good stories! Join us as we share our good news with others as a group.
<b>Cards with Sharron</b>
This creative group will teach you how to make beautiful handmade cards for any occasion!
<b><i>NEW!</i> Unplugged! Board Games</b>
Enjoy some classice board games, have fun and feel good. One of the effects of playing board games is laughter and a good time with friends!
<b><i>NEW!</i> Laughter the Best Medicine with Jenny</b>
It's fun to share a good laugh, but did you know it can actually improve your health? Learn how to harness the powerful benefits of laughter and humor.

<b>Men's Group with Jose</b>
A support group for men of all ages. Join men from our community who understand.
<b>Health Education Session</b>
Janice Dudley a Nurse from CKHA who teaches techniques and strategies for healthy living and personal care.
<b>Brain Games with Jenny</b> <i>NEW!</i>
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.

<b>Weight &amp; Body Image Support Group with Jenny</b>
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!!
<b><i>NEW!</i> Creative Photo Journaling</b>
Learn how to take photos as an art and as inspiration for creative writing such as poetry, stories, and journaling.
<b><i>NEW!</i> Building Self-Esteem</b>
Learn how life experiences impact the development of self-esteem and how to increase your sense of self-worth.

<b>Nifty Needlers with Jenny</b>
If you enjoy knitting, crochet, needle point, latch hook or any other needle hobbies....then this is the group for you! Join us as we sit on our couches and needle away!
<b>Music Appreciation</b>
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.
<b>Diabetes Education Sessions</b>
Jennifer Smith, a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.

71 Raleigh St.  
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Phone 519-351-3100 Fax 519-351-3400  
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*"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"*

