

Program Calendar

www.mhnck.com

May 2019



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Upcoming Events At MHNCK May 3-Guest Speaker about Foot Care May 6-Annual Flag Raising and BBQ May 7- Celebrating Recovery at MHCNK May 10-Gambling Awareness Presentation May 22-Star Wars Theme Day!		1	2	3	4
		10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Sit N' Stretch with Jenny 11:00 Farmer's Market Trip 12:00 Pepperoni Pizza pre-order by 11am 1:00 Visual Brian Games with Jenny	10:00 The News & View Breakfast Club 10:30 Community Walk with Katie 11:00 Food & Body Connections Jen 12:30 Catch Phrase with Maria 1:00 Goal Setting & Planning with Jeff	10:15 Cooking Club 10:30 Positivity Group with Sarah 11:00 Guest Speaker Foot Care Presentation with Amanda (CHC) 12:00 Community Kitchen Free Lunch! 1:00 Kite Making with Sam	Breakfast served at First Presbyterian Church 9:30-11am
6	7	8	9	10	11
8th Annual Flag Raising For Mental Health & BBQ Reception! 11:30am - 1:00pm (Location: Chatham Civic Centre)	10:00 The News & View Breakfast Club 10:30 Better Writing Campaign with Jen 11:00 Illness Story vs Recovery Story Presentation with Jeff 12:30 Pet Therapy Dog Visits 1:00 Men's & Women's Group Celebrating Recovery Mental Health Week word of the day-Recovery	10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 Cultivating Hope with Jenny 12:00 Pepperoni Pizza pre-order by 11am 1:00 Stories of Inspiration & Hope Mental Health Week word of the day-Hope	10:00 The News & View Breakfast Club 10:30 Community Walk with Katie 11:00 Food & Body Connections Jen 12:30 Catch Phrase with Maria 1:00 Goal Setting & Planning with Jeff Mental Health Week word of the day- Stigma 7:00-8:30 Wings of Change	10:15 Cooking Club 10:30 Positivity Group with Sarah 11:00 Guest Speaker —know your limit Gambling Awareness Presentation 12:00 Community Kitchen Free Lunch! 1:00 Visit to Art Space (walking weather permitting) Mental Health Week word of the day- Support	Breakfast served at First Presbyterian Church 9:30-11am
13	14	15	16	17	18
10:00 News & Views Breakfast Club 10:30 Community Walk with Jeff 11:00 Music Appreciation with Jeff 12:00 Free Lunch! 1:00 Health Education with Janice 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 Cranium Board Game with Jeff 1:00 Women's Group with Sarah 1:00 Men's Group with Jose	10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Community Walk with Katie 11:00 Jeopardy with Jeff 12:00 Pepperoni Pizza pre-order by 11am 1:00 Glasshouse Nursery Trip 2:15 WRAP with Jeff	10:00 The News & View Breakfast Club 10:30 Community Walk with Katie 11:00 Crock-A-Doodle-cost \$2 12:30 Catch Phrase with Maria 1:00 Goal Setting & Planning with Jeff 7:00-9:00 Family Support Group	10:15 Cooking Club 10:30 Positivity Group with Sarah 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Kite Making with Sam	Breakfast served at First Presbyterian Church 9:30-11am
20	21	22 STAR WARS THEME DAY	23	24	25
MHNCK Closed Victoria Day	10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 All about Dreams with Jenny 12:30 Pet Therapy Dog Visits 1:00 Women's Group with Sarah 1:00 Men's Group with Jose	10:00 The News & View Breakfast Club 10:30 Star Wars Fun with Sam 11:00 Movie: A New Hope 12:00 Pepperoni Pizza pre-order by 11am 1:00 Conclusion of Movie-Trivia with Katie 2:15 WRAP with Jeff	10:00 The News & View Breakfast Club 10:30 Community Walk with Katie 11:00 Food & Body Connections with Jen 12:30 Catch Phrase with Maria 1:00 Goal Setting & Planning with Jeff 7:00-8:30 Wings of Change	10:15 Cooking Club 10:30 Positivity Group with Sarah 11:00 Music Appreciation with Jeff 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Back Yard Fun & Games	Breakfast served at First Presbyterian Church 9:30-11am
27	28	29	30	31	
10:00 News & Views Breakfast Club 10:30 Community Walk with Jenny 11:00 Music Appreciation with Jeff 12:00 Free Lunch! 1:00 Back Yard Fun & Games 1:30 Hope and Recovery (hospital group) 3:30-5:30 Free2BMe Group	10:00 The News & View Breakfast Club 10:30 Guided Meditation with Sam 11:00 Creative Writing with Jeff 1:00 Women's Group with Sarah 1:00 Men's Group with Jose	10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Sit N' Stretch with Jeff 11:00 Diabetes Education Session with Jen Smith 1:00 Farmer's Market Trip 2:15 WRAP with Jeff	10:00 The News & View Breakfast Club 10:30 Community Walk with Katie 11:00 Bingo! 12:15 Trail Walk at Mitchell's Bay Bring \$ to buy ice-cream Return to MHN by 2:30	10:15 Cooking Club 10:30 Positivity Group 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Let's go fly our Kites!	

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>
Kite Making
On Friday May 3, 17 join us as we design and make our own kites. Then on Friday May 31 (weather permitting) we will be flying our kites. Prizes for highest flying, most creative.
Guided Meditation
Take time out today to meditate! Together we will learn how meditation adds value to our lives.
8th Annual Flag Raising
Join us on Monday, May 6 for our 8th Annual Flag Raising and BBQ from 11:30-1:00 pm at Chatham Civic Center, 315 King Street West

NEW! Goal Setting and Planning
Learn to set realistic goals and to break large goals down into manageable steps while overcoming obstacles with the help of the group.
NEW! Mental Health Week Celebrating Recovery
Join us on Tuesday, May 7 as we learn the difference between illness stories and recovery stories. In the afternoon be inspired listening to recovery stories.
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!
Guest Speakers
Friday, May 3 Amanda from the CHC will be talking with us about foot care. On Friday, May 10 we have a gambling awareness presentation by Jeanne & Michelle, from Mental Health and Addictions.

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

