

# Program Calendar






10:00 – 2:00



# October 2020



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			1	2	3
	<b>Program times are 10-12pm &amp; 1-3pm</b> Please call <b>519-351-3100</b> to book your space.		Warm line open from 9-4 (519) 351-3140 <b>Learning to Love Yourself with Katie</b> 6:00-7:00pm Free 2 B Me zoom group To register email: sam@mhnck.com	Warm line open from 9-4 (519) 351-3140  Jewelry Making/Beading with Jenny Fun and Games with Erin	4
5	6	7	8	9	10
Warm line open from 9-4 (519) 351-3140 <b>Jeopardy! with Jenny</b> <u>12:00-1:00</u> Free Take Out Thanksgiving Lunch at First Presbyterian Church	Warm line open from 9-4 (519) 351-3140 <b>Women's Group with Sarah Knitting and Crocheting with Jenny</b> Bring in your current project. Please only bring one project, one ball of wool and needles, pattern.	Warm line open from 9-4 (519) 351-3140  Music Appreciation on our Facebook page. Music is a wonderful way to express feelings and to use for relaxation and enjoyment	Warm line open from 9-4 (519) 351-3140 <b>Learning to Love Yourself with Katie</b> 6:00-7:00pm Free 2 B Me-Zoom group To register email: sam@mhnck.com	Warm line open from 9-4 (519) 351-3140  Morning: <b>Words Alive with Jeff</b> Afternoon: <b>Family Feud with Jeff</b>	World Mental Health Day  11
12	13	14	15	16	17
<b>MHNCK Closed for Thanksgiving</b>	Warm line open from 9-4 (519) 351-3140 <b>Women's Group with Sarah Knitting and Crocheting with Jenny</b> Bring in your current project. Please only bring one project, one ball of wool and needles, pattern.	Warm line open from 9-4 (519) 351-3140  1:00 Fun interactive live game on Facebook With Jenny or Jeff	Warm line open from 9-4 (519) 351-3140 <b>Learning to Love Yourself with Katie</b> 6:00-7:00pm Free 2 B Me-Zoom group To register email: sam@mhnck.com	Warm line open from 9-4 (519) 351-3140  Morning: <b>Words Alive with Jeff</b> Afternoon: <b>Family Feud with Jeff</b>	18
19	20	21	22	23	24
Warm line open from 9-4 (519) 351-3140 Morning: <b>Trivia and Games</b> Afternoon: <b>Weight and Body Image Support Group with Jenny</b>	Warm line open from 9-4 (519) 351-3140 <b>Women's Group with Sarah Knitting and Crocheting with Jenny</b> Bring in your current project. Please only bring one project, one ball of wool and needles, pattern.	Warm line open from 9-4 (519) 351-3140  1:00 Fun interactive live game on Facebook With Jenny or Jeff	Warm line open from 9-4 (519) 351-3140 <b>Learning to Love Yourself with Katie Halloween Craft with Jenny</b> 6:00-7:00pm Free 2 B Me-Zoom group To register email: sam@mhnck.com	Warm line open from 9-4 (519) 351-3140  Morning: <b>Words Alive with Jeff</b> Afternoon: <b>Family Feud with Jeff</b>	25
26	27	28	29	30	31
Warm line open from 9-4 (519) 351-3140 <b>Emoji Pictionary with Jenny</b> 	Warm line open from 9-4 (519) 351-3140 <b>Women's Group with Sarah Knitting and Crocheting with Jenny</b> Bring in your current project. Please only bring one project, one ball of wool and needles, pattern.	Warm line open from 9-4 (519) 351-3140  Music Appreciation on our Facebook page. Music is a wonderful way to express feelings and to use for relaxation and enjoyment	Warm line open from 9-4 (519) 351-3140 <b>Learning to Love Yourself with Katie</b> 6:00-7:00pm Free 2 B Me-Zoom group To register email: sam@mhnck.com	Warm line open from 9-4 (519) 351-3140  Morning: <b>Words Alive with Jeff</b> Afternoon: <b>Family Feud with Jeff</b>	<b>Happy Halloween</b> 

### Warm Line

Are you feeling lonely, isolated, anxious, depressed or in need of a friendly ear? Call a warm line peer support worker, we are here to help! 519-351-3140

### Facebook Live

Grab a cup of coffee/tea and join us for a Facebook live conversation. We want to meet you where you are and have a discussion or a fun game! Relax and have fun while maintaining physical distancing.

### Women's Group with Sarah

A support group for women of all ages. Join women from our community who understand.

### Learning to Love Yourself with Katie

Discover how to treat yourself with love, kindness, and live a better life.

### Music Appreciation

Enjoy music? Join Jeff as he leads a group of music appreciation online. Music is a wonderful way to express feelings and to use for relaxation and enjoyment. Look for it on Wednesday's

### Find us on Facebook

Like and follow us on facebook to stay up to date with program changes or additions.

### Knit and Crochet

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

### Words Alive with Jeff

Creative Writing Group: Have fun with different creative writing games while learning how to easily write poetry, stories, and how to journal.

### Brain Games with Jenny

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.

### Jewelry Making/Beading

Join us for a fun art project that is fun and requires no talent! Just a willingness to try.

### Weight & Body Image Support Group with Jenny

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!!

### 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

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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"

