

Program Calendar





www.mhnck.com



September 2019



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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 2 | 3 | 4 | 5 | 6 | 7 |
| <p>MHNCK Closed For Labour Day</p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Art <i>with Jessi</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p> | <p>OPTIMIST Club of Chatham <i>Friend of Youth</i></p> <p>Movie Night sponsored By Chatham Optimist Club 5:00-8:00 Please RSVP </p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Community Walk <i>with Maria</i> 11:00 Jeopardy <i>with Jenny</i> 1:00 The Power of Affirmative Journaling <i>with Jeff</i></p> | <p>10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Positivity Group <i>with Sarah</i> 11:00 Name that Classic Rock Tune 12:00 Community Kitchen Free Lunch! 1:00 Fall Transitions <i>with Katie</i></p> | <p>Breakfast served at First Presbyterian Church 9:30-11am</p> |
| | 8 | 11 | 12 | 13 | 14 |
| <p>10:00 Coffee Talk & Breakfast Club 10:30 Walking 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)</p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Art <i>with Jessi</i> 12:30 Chair Yoga <i>with Marnie</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Resistance Training <i>with Jeff</i> 11:00 Weight & Body Image Support Group <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Farmer's Market Trip 3:30-5:00 Free2BMe Group</p> | <p>10:00 Coffee Talk & Breakfast Club 10:45 What's the buzz about bees Trip to bee facility 1:00 The Power of Affirmative Journaling <i>with Jeff</i> 7:00-8:30 Wings of Change</p> | <p>10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Positivity Group <i>with Sarah</i> 11:00 Card Making with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Name that One Hit Wonder Tune!</p> | <p>Breakfast served at First Presbyterian Church 9:30-11am</p> |
| 9 | 10 | 11 | 12 | 13 | 14 |
| 16 | 17 | 18 | 19 | 20 | 21 |
| <p>10:00 Coffee Talk & Breakfast Club 10:30 Walking Group <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Guide to Self Care <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)</p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Art <i>with Jessi</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Resistance Training <i>with Jeff</i> 11:00 Diabetes Education Session with Jen Smith 1:00 Weight & Body Image Support Group <i>with Jenny</i> 3:30-5:00 Free2BMe Group</p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Community Walk <i>with Maria</i> 11:00 Crock-a-doodle-cost \$3  1:00 The Power of Affirmative Journaling <i>with Jeff</i> 7:00-9:00 Family Support Group</p> | <p>10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Positivity Group <i>with Sarah</i> 11:00 Guest Speaker-Mark Vercouteren Green Party Candidate 12:00 Community Kitchen Free Lunch! 1:00 Fall Transitions <i>with Katie</i></p> | <p>Breakfast served at First Presbyterian Church 9:30-11am</p> |
| 23 | 24 | 25 | 26 | 27 | 28 |
| <p>10:00 Coffee Talk & Breakfast Club 10:30 Walking Group <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Guide to Self Care <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)</p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Art <i>with Jessi</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p> | <p>10:00 Coffee Talk & Breakfast Club 10:30 Resistance Training <i>with Jeff</i> 11:00 Weight & Body Image Support Group <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Bingo! 3:30-5:00 Free2BMe Group</p> | <p>9:30 – 2:30 Bus Trip to Heritage Village In Kingsville See poster for details 7:00-8:30 Wings of Change</p> | <p>10:00 Coffee & Tea Morning Chat 10:15 Cooking Club <i>with Mark</i> 10:30 Sports Trivia with Jenny 11:00 MHNCK Sporting Events 12:00 Community Kitchen Free Lunch! 1:00 Sports Bloopers & Fun</p> | <p>Breakfast served at First Presbyterian Church 9:30-11am</p> |
| 30 |  <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>WHAT'S HAPPENING IN CHATHAM-KENT?</p> <p>The 12 days of Positivity are: Monday, Sept. 23 - Oct.4/2019 Sept. 5, 6:30pm - Budgeting Basics with Mainstreet Credit Union. At Chatham Public Library Saturday, Sept. 21 – Fire Fest Save the date: Annual Thanksgiving Dinner and AGM will be held on October 25/2019</p> </div> <div> <p>Every Tuesday at 2pm - Movies at your Public Library \$5.00 Movies at the Capitol on Wednesday nights September 10- World Suicide Prevention Day</p> </div> <div style="text-align: right;">  </div> </div> | | | | |
| <p>10:00 Coffee Talk & Breakfast Club 10:30 Walking Group <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Guide to Self Care <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)</p> | | | | | |

General Members Meeting

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!

The Power of Affirmation Journaling

Learn to enjoy journaling, a proven stress reducer, and explore different aspects of yourself in fun, affirming, and validating way.

Sit N' Stretch

A new fitness program that will help you increase your range of motion, strengthen muscles and condition your entire body!

Wings of Change

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.

Resistance Training with Jeff

Why try Resistance Bands?? They travel well, they increase coordination, they're inexpensive and they're great for all fitness levels. Bands can be great for beginners as well as more advanced exercisers.

Guide to Self Care with Jenny

Learn the importance of taking care of yourself everyday. Mind, Body and Spirit. Find peace, treat yourself right, sleep better, end negativity, live with gratitude, learn to say no, savor silence, little ways to be happier everyday.

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!

Art with Jessi

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 with Sarah

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.

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 & more!

Fall Trips

We have a variety of trips throughout the fall. Be sure to check them out and sign up early as these trips fill up fast!

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"

