

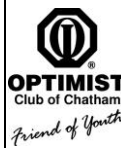






September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1	2	3	4
	September 20th – Election Day 	11:00 Len's Mills Shopping Trip <i>Limited Seating</i> 12:00 Pizza \$1.00 per slice 1:00 Hope House Time Capsule <i>with Jeff</i>	11:00 Range of Emotion <i>with Katie</i> 12:00 Bring your own lunch 1:00 Meditation <i>with Jeremy</i>	11:00 Guest Speaker: Dan Gelinas-NDP Candidate 12:00 Free Luncheon 1:00 Assert Yourself <i>with Jeff</i>	5
6	7	8	9	10	11
Closed for Labour Day	11:00 Who Am I? <i>with Jenny</i> 12:00 Bring your own lunch 1:00 Women's Group <i>with Jenny</i> 1:00 Men's group <i>with Jeff</i> 4-5:30 Free 2B Me (ages 18-30) With Sam	10:30 Country Fruit Stand Trip <i>Limited Seating</i> 12:00 Pizza \$1.00 per slice 1:00 Hope House Time Capsule <i>with Jeff</i>	 Movie Afternoon sponsored By Chatham Optimist Club 10-2 Please RSVP 	11:00 Guest Speaker: Greg Hetherington-Liberal Candidate 12:00 Free Luncheon 1:00 Music Appreciation!	12
13	14	15	16	17	18
11:00 Creativity Unleashed <i>with Sam</i> 12:00 Free Lunch 1:00 Self Care - Simple ways to renew your mind, body & spirit <i>With Jenny</i>	11:00 Wheel of Fortune <i>with Jeff</i> 12:00 Bring your own lunch 1:00 Women's Group <i>with Jenny</i> 1:00 Men's group <i>with Jeff</i> 4-5:30 Free 2B Me (ages 18-30) With Sam	11:00 Card Making <i>with Sharon</i> 12:00 Pizza \$1.00 per slice 1:00 Hope House Time Capsule <i>with Jeff</i>	11:00 Range of Emotion <i>with Katie</i> 12:00 Bring your own lunch 1:00 Meditation <i>with Jeff</i>	 Please Sign up for this event at MHNCK	19
20	21	22	23	24	25
11:00 Creativity Unleashed <i>with Sam</i> 12:00 Free Lunch 1:00 Self Care - Simple ways to renew your mind, body & spirit <i>With Jenny</i>	11:00 Team Trivia <i>with Jenny</i> 12:00 Bring your own lunch 1:00 Women's Group <i>with Jenny</i> 1:00 Men's group <i>with Jeff</i> 4-5:30 Free 2B Me (ages 18-30) With Sam	11:00 Diabetes Education Session <i>with Jennifer Smith</i> 12:00 Pizza \$1.00 per slice 1:00 Hope House Time Capsule <i>with Jeff</i>	11:00 Range of Emotion <i>with Katie</i> 12:00 Bring your own lunch 12:30-2:00 Guest Speaker: Getting the most from your healthcare appointment	10:30 Central Tavern for Brunch \$2.00 fee-Limited Seats Followed by a Walk at Michell's Bay Menu to be announced	26
27	28	29	30	1	
11:00 Creativity Unleashed <i>with Sam</i> 12:00 Free Lunch 1:00 Self Care - Simple ways to renew your mind, body & spirit <i>With Jenny</i>	11:00 Wheel of Fortune <i>with Jeff</i> 12:00 Bring your own lunch 1:00 Women's Group <i>with Jenny</i> 1:00 Men's group <i>with Jeff</i> 4-5:30 Free 2B Me (ages 18-30) With Sam	11:00 Walk along Mud Creek <i>Limited Seating</i> 12:00 Pizza \$1.00 per slice 1:00 Hope House Time Capsule <i>with Jeff</i>	Closed A Staff Development Day	1 OCTOBER 11:00 Range of Emotion Movie Inside Out <i>with Katie</i> 12:00 Free Luncheon 1:00 Meditation <i>with Jeff</i>	

Warm Line
<i>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</i>
Creativity Unleashed with Sam
Join Sam to create fun and beautiful creative projects together. Relax & unwind with activities such as painting, gardening, drawing, printmaking, and many more! No experience needed.
Free 2B Me
A group for LGBTQ2+ community members and allies between the ages of 18-30. Join us 4-5:30 to make friends, share experiences, create memories, gain support and information while having fun together in
Meals and Soup Kitchens
In Wallaceburg: Bethel Pentecostal Church 4th Tue. of the Month from 5pm to 7pm Trinity United Church 4th Fri. of the month, from 5:30-6:30 pm First Baptist Church 3rd Sat. of the month at 5:00pm Our Lady Help of Christians Church 2nd Saturday of the month at 5:00

Range of Emotions with Katie
Every emotion that you feel is valid. Explore the reasons why we react a certain way and do it in a healthy manner. Last week join us to watch inside out!
Hope House Time Capsule- with Jeff!
Write letters to your future self that you can open a year from now to see how far you've come and how much the world has changed. Each week you will do a unique creative activity to produce something to put in the Time Capsule including Artwork, Poetry, Photographs, Collages, Letters, etc.
Women's Group with Jenny
A support group for women of all ages. Join women from our community who understand. Always welcome to bring your needlework with you.
Meals and Soup Kitchens
In Wallaceburg: Black goose is offering soup Mon., Wed. & Fri. Please call Mark at 519-784-3341 to make arrangements. Thamesville: Thamesville United Church, 107 Elizabeth St, last Wednesday of the month from 5-6:30 pm

Self Care with Jenny
Each week discover simple ways to renew your mind, body & spirit. The point of self care is to do something for you, anything that leave you feeling fresh and rejuvenated! Find your JOY!
Men's Group with Jeff
A support group for men of all ages. Join men from our community who understand.
Diabetes Education Session with Jenn
Jennifer Smith, a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.
Meals and Soup Kitchens
In Blenheim: Blenheim Word of Life Church Meals offered Monday, Wednesday and Friday from 10:00am to noon. Please call the church at 519-676-8036 to place your order so that it can be ready when you arrive

Cards with Sharon
Join Sharon as she teaches us how to make our own cards for any occasion. These are great to have on hand. No experience necessary, just fun with friends!

Meditation with Jeremy
This group will feature guided meditation, as well as education regarding the many benefits of meditation. The program facilitator will talk the group through a session of meditation.

MHNCK Trivia Challenge with Jenny
Join a team and work together to come up with the answers to our trivia questions! Will you be on the winning team?

Food Banks

OUTREACH FOR HUNGER – CHATHAM Will be open on Wednesday's and Friday's 11:00 am – 3:30 pm offering prepackaged bags. One person at a time will be seen and please have your identification ready. On Tuesdays from 11am-1pm, drop in will be available in the parking lot, weather permitting.

SALVATION ARMY All locations are operating with both appointments and walk ins. If booking an appointment, please call ahead to book your time. Chatham location (519-354-1430), Wallaceburg (519-627-8257), Ridgetown (519-674-3756), Blenheim (519-674-4756). **MERLIN UNITED CHURCH** 100 Aberdeen, Merlin Fridays 10am to noon. **DRESDEN FOOD BANK** Dresden Community Church, 10am to noon, Please call the church to make an appointment at 519-683-6541. **WHEATLEY BAPTIST CHURCH** Tuesday from 10:00 am to noon, 519-683-6541, appointment required

Meals and Soup Kitchens in Chatham: At this time many locations have closed. The following locations are OPERATING with a take out meal.

In Chatham: Campbell AME Church Wednesdays. from 11:30am-12:30 pm St. Ursula's Parish Hall 1st and 3rd Wednesdays from 4:30-5:30. Street Frenz through Gregory Drive Alliance Church. Bagged meal available – please call Clare at 519-350-4408 by Tuesday. Delivery of meal will happen on Thursday between 4pm-7pm to address provided. St. Agnus Church, offering bagged lunches on Thursdays from 11:00-12:30 Spirit and Life Centre, Wellington St, Chatham – Bagged lunches every Friday between 11:15 and 11:45 am. Bag Lunch is provided every Tuesday at Praise Fellowship Church, 165 Park Ave from 11:00-1:00, take out only. Hope Haven: Lunches Mon-Fri 10-2pm Salvation Army: 2nd & 4th Tuesday meal pickup call 519-354-8353 to reserve. Rock Missions: bagged lunches Tuesday & Saturday. Call 226-627-6163 for more information. Emergency food boxes also available. Free Help CK Bagged lunch Tuesday & Thursday 11-2, To order call Geri 519-992-5178.

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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"

