



October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1	2
				10:15 Inside Out Movie <i>with Katie</i> 12:00 Free Luncheon 1:00 Meditation <i>with Jeremy</i>	3
4	5	6	7	8	9
10:30 Jeopardy <i>with Jenny</i> 11:30 Flag Raising -Civic Centre 12:00 BBQ Lunch at Hope House to follow flag raising for members 1:00 Ice-Cream Social Backyard of Hope House	10:30 Fruit Stand & Apple Orchards Van Trip (DelRae) 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) <i>With Sam</i>	10:30 Creative Pumpkins Contest! 12:00 Pizza \$1.00 per slice 1:00 How to use drawing as a coping tool for anxiety <i>with Jenny</i>	4:30-6:30pm Annual AGM & Thanksgiving celebration at Smitty's Restaurant Dinner to follow meeting Please Register for a free Ticket to this event!	11:00 Meditation <i>with Jeremy</i> 11:00 Fall Walk <i>with Jenny</i> 12:00 Free Luncheon 1:00 Visual Art Journaling <i>with Jeff</i>	10
11	12	13	14	15	16
MHNCK Closed for Thanksgiving	10:30 Budget Meals <i>with Kelly & Mark</i> Register with Kelly for this group 12:00 Bring your own lunch 1:00 Women's Group 1:00 Men's group <i>with Jeff</i> 4-5:30 Free 2B Me (ages 18-30) <i>With Sam</i>	11:00 Creativity Unleashed <i>with Sam</i> 12:00 Pizza \$1.00 per slice 1:00 Name that movie/TV theme song <i>with Jeff</i>	11:00 Leap into Fall <i>with Katie</i> 12:00 Bring your own lunch 1:00 Meditation <i>with Jeremy</i> 1:00 Creative Colouring Group 2:00 WRAP <i>with Jeff</i>	11:00 Everything you ever wanted to know about LGBTQ2+ community <i>With Sam</i> 12:00 Free Luncheon 1:00 Visual Art Journaling <i>with Jeff</i>	17
18	19	20	21	22	23
11:00 It's OK to be me! Growing Self-Esteem <i>with Jenny</i> 12:00 Free Lunch 1:00 5 pin Bowling! <i>Cost \$2.00</i>	10:30 Budget Meals <i>with Kelly & Mark</i> Register with Kelly for this group 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) <i>With Sam</i>	11:00 Creativity Unleashed <i>with Sam</i> 12:00 Pizza \$1.00 per slice 1:00 Cards <i>with Sharon</i>	10:30 Corn Maize trip-please sign up earlier limited seating Cost \$2.00 11:00 Leap into Fall <i>with Katie</i> 12:00 Bring your own lunch 1:00 Bonfire at Hope House 2:00 WRAP <i>with Jeff</i>	11:00 Meditation <i>with Jeremy</i> 11:00 Fall Walk <i>with Jenny</i> 12:00 Free Luncheon 1:00 Visual Art Journaling <i>with Jeff</i>	24
25	26	27	28	29	30
11:00 It's OK to be me! Growing Self-Esteem <i>with Jenny</i> 12:00 Free Lunch 1:00 Bingo <i>with Katie!</i> 7:00 FaceBook Scattergories Online Game! <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) <i>With Sam</i>	11:00 Diabetes Education Session <i>with Jennifer Smith</i> 12:00 Lunch 1:00 Creativity Unleashed <i>with Sam</i>	11:00 Leap into Fall <i>with Katie</i> 12:00 Bring your own lunch 1:00 Meditation <i>with Jeremy</i> 1:00 Creative Colouring Group 2:00 WRAP <i>with Jeff</i>	 MHNCK HALLOWEEN PARTY! 10-2	31

Leap into Fall with Katie

Grab a cup of apple cider and embrace those crisp autumn days by sharing memories, giving thanks, and even getting a little bit spooky. Fall will be your new favourite season!

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

Visual Art Journaling with Jeff

Learn creative and artistic ways in which to explore your goals, gratitude and your feelings in a positive way that enhances wellbeing and wellness.

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.

WRAP with Jeff

Learn to identify signs and symptoms from the earliest stages of illness and plan ahead on how to cope with them. You must sign up and commit to attending all eight sessions.

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

It's OK to be me-Growing Self-Esteem with Jenny

How you see yourself determines the state of your happiness and success. The beautiful thing is that you can change and choose what you believe. And by changing those thoughts, you were once so certain about, you change everything.

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.

Budget Meals with Kelly and Mark

Learn how to shop, prep and make meals. These meals will be healthy and created on a budget of \$2.00 per meal! Must register with Kelly for this group.

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.

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"

