

# APRIL 2024



**Find Us At:**  
 71 Raleigh St.  
 Chatham, ON  
 N7M 2M9  
 519-351-3100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>MHNCK Closed for Easter Monday</b>	2 Peer Conversations with Jeff, 10-2	3 Find a Rainbow Day	4 Peer Conversations with Jeff, 10-2	5
	10:00 Cooking Club with Mark 10:30 Walking Group with Larissa 11:00 Magic of Musical Theatre with Emma 12:00 <b>Free Lunch!</b> 12:30 Pet Therapy with Summer 1:00 Women's Group with Jenny 1:00 Men's Group with Gage 2:30-4:00 Free 2B Me (Ages 18-30)	10:30 Backyard Fun and Games with Jeff and Gage 11:00 Over the Rainbow with Larissa 12:00 <b>Special Presentation from 100 Women Who Care (Free Luncheon to Follow)</b> 1:00 Creativity Unleashed! Needle Felted Toadstool Art with Emma	10:00 Cooking Club with Gage 10:30 Crochet Corner with Jenny 11:00 Polish Poker with Mark 11:00 Food & Body Connection with Sam 12:00 <b>Free Lunch!</b> 12:30 <b>Backyard Spring Cleaning</b> 1:00 April Showers Bring May Flowers with Emma	10:00 Cooking Club with Mark 10:30 Indoor Walking Group with Emma 11:00 Beading Blooms with Larissa 12:00 <b>Free Lunch</b> 1:00 Name That Tune with Jeff
8	9 Peer Conversations with Jeff, 10-2	10	11 Peer Conversations with Jeff, 10-2	12
10:00 Cooking Club with Mark 10:30 Indoor Walking Group with Emma 11:00 Healthy Anger with Jeff 12:00 <b>Free Lunch</b> 12:30 Let's Talk Fitness with Gage 1:00 Health Education Session with Lindsay Lozon 1:30 Hospital Group with Jeff	10:00 Cooking Club with Mark 10:30 Walking Group with Larissa 11:00 Magic of Musical Theatre with Emma 12:00 <b>Free Lunch!</b> 12:30 Pet Therapy with Russ 1:00 Women's Group with Jenny 1:00 Men's Group with Gage 2:30-4:00 Free 2B Me (Ages 18-30)	10:00 Trip to the Josiah Henson Museum: Departing at 10:00am \$2 Fee 1:00 <b>Free Pizza Lunch followed by Backyard Social</b>	10:00 Cooking Club with Gage 10:30 Crochet Corner with Jenny 11:00 Polish Poker with Mark 11:00 Creativity Unleashed! Create a Spring Pom-Pom Wreath with Emma 12:00 <b>Free Lunch!</b> 12:30 Pet Portrait Painting with Larissa 1:00 April Showers Bring May Flowers with Emma	10:00 Cooking Club with Mark 10:30 Indoor Walking Group with Emma 10:30 Decorate Cupcakes with Gage 11:00 <b>Earth Day Presentation with Alyssa Broeders</b> 12:00 <b>Free Lunch</b> 12:30 April Birthday Social 1:00 Card-Making with Sharon
15 World Art Day	16 Peer Conversations with Jeff, 10-2	17 Haiku Day	18 Family Group: 6:30-8:30pm, Taylor Swift Day	19 Celebrate Sam's Last Day
10:00 Cooking Club with Mark 10:30 Let's Talk Fitness with Gage 11:00 Healthy Anger with Jeff 12:00 <b>Free Lunch</b> 12:30 World Art Day Presentation with Emma 1:00 Tea and Tales with Larissa 1:30 Hospital Group with Jeff	10:00 Cooking Club with Mark 10:30 Walking Group with Larissa 11:00 Magic of Musical Theatre with Emma 12:00 <b>Free Lunch!</b> 12:30 Pet Therapy with Summer 1:00 Women's Group with Jenny 1:00 Men's Group with Gage 2:30-4:00 Free 2B Me (Ages 18-30)	10:30 Backyard Games with Jeff and Gage 11:00 Haiku Poetry with Larissa 12:00 <b>Free Pizza Lunch</b> (Must arrive by 11am to order) 12:30 Chair Yoga with Emma 1:00 Creativity Unleashed! DIY Pet Toys With Emma	Peer Conversations with Jeff 10-2 10:00 Cooking Club with Gage 10:30 Taylor Swift Karaoke with Larissa 11:00 Swiftie Trivia with Jeff 11:30 Make the Friendship Bracelets with Emma 12:00 <b>Free Lunch!</b> 12:30 The Eras Tour Screening with Emma	10:00 Cooking Club with Mark 10:30 Walking Group with Gage 11:00 Beading Blooms with Larissa 12:00 <b>Free Lunch</b> 12:30 Member's Meeting with Jenny 1:00 Music Appreciation with Jeff Celebrate Sam's Last Day: Henna Tattoos from Sam
22	23 Peer Conversations with Jeff, 10-2	24	25 Peer Conversations with Jeff, 10-2	26
10:00 Cooking Club with Mark 10:30 Let's Talk Fitness with Gage 11:00 Healthy Anger with Jeff 12:00 <b>Free Lunch</b> 12:30 Earth Day Scavenger Hunt with Larissa and Emma 1:00 Tea and Tales with Larissa 1:30 Hospital Group with Jeff	10:00 Cooking Club with Mark 10:30 Walking Group with Larissa 11:00 Magic of Musical Theatre with Emma 12:00 <b>Free Lunch!</b> 12:30 Puzzles & Palettes with Larissa 1:00 Women's Group with Jenny 1:00 Men's Group with Gage	10:30 Resistance Band Exercise with Emma 11:00 <b>Diabetes Education Session with Jenn Smith</b> 12:00 <b>Free Lunch</b> 1:00 Creativity Unleashed! Upcycled Art with Emma	10:00 Cooking Club with Gage 10:30 Crochet Corner 11:00 Polish Poker with Mark 11:00 Pause Procrastination with Jeff 12:00 <b>Free Lunch!</b> 12:30 Meditation with Larissa 1:00 April Showers Bring May Flowers with Emma	10:00 Cooking Club with Mark 10:30 Walking Group with Gage 11:00 <b>Naloxone Information &amp; Training with Alyssa Bunning from Public Health</b> 12:00 <b>Free Lunch</b> 1:00 Name That Tune with Jeff
29 World Dance Day	30			
10:00 Cooking Club with Mark 10:30 Zumba with Emma 11:00 Healthy Anger with Jeff 12:00 <b>Free Lunch</b> 12:30 Let's Talk Fitness with Gage 1:00 Tea and Tales with Larissa 1:30 Hospital Group with Jeff	10:00 Cooking Club with Gage 10:30 Walking Group with Larissa 11:00 Magic of Musical Theatre with Emma 12:00 <b>Free Lunch!</b> 12:30 Pet Therapy with Summer 1:00 Women's Group 1:00 Men's Group with Gage	<b>We offer free meals every day at noon!</b> Please ensure you arrive and sign-in to Hope House by 11am to receive a free meal. Want to help cook? Sign up at 10am to help, while learning useful cooking skills with Mark/Gage.	<b>Participate in MHNCK's April Colouring Contest!</b> Drop in at Hope House to pick up a colouring page, or email emma@mhnck.com to receive a digital copy! Submit your colouring page by April 26 <sup>th</sup> to be entered into a draw for a crafty PRIZE!	<b>Hope House Connects:</b> Learn how to access virtual programs at Hope House! Skills groups available weekly for both new and experienced computer users. Please contact Jeff at 519 351 3100 or jeff@mhnck.com for more information!
<b>Some programs will now be offered virtually as well as in person. The following symbol will indicate virtual groups:</b> Please contact Emma at 519 351 3100 or <a href="mailto:emma@mhnck.com">emma@mhnck.com</a> to register for virtual programs!			<b>Need Someone to Talk to?</b> Jeff, Sam, and Jenny are available Monday-Friday for Peer Support <b>Questions About the Calendar?</b> Contact Emma: emma@mhnck.com	<b>Peer Conversations with Jeff – Tuesdays and Thursdays from 10-2pm</b> Receive 1 to 1 peer support in person, over the phone or virtually! Please call or email to schedule a time.

**Healthy Anger With Jeff**

Join Jeff for a 4 session group discussing the emotion of anger. Whether you get angry or avoid it, learning how to express your anger is vital to your mental health. Learn to understand and express anger in a healthy way.

**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.

**Free 2B Me With Sam**

A group for 2SLGBTQIA+ community members and allies between the ages of 18-30. Join us 4:00-5:30 to make friends, share experiences, create memories, gain support and information while having fun together in a safe environment. This group is now also offered virtually, please contact Sam at 519 351 3100 or sam@mhnck.com for more info

**Meals and Soup Kitchens**

In Wallaceburg: Pentecostal Church 4th Tuesday of the month from 5-6pm	Bethel 4th Tuesday of the month from 5-6pm
Church 4th Friday of the month at 5pm	Trinity United 4th Friday of the month at 5pm
Our Lady Help of Christians Church 2nd Saturday of the month at 4:30pm	First Baptist Church 3rd Saturday of the month at 5pm
Wallaceburg Christian Reformed Church 3rd Tuesday of the month at 5pm	

**Creativity Unleashed! With Emma**

Join Emma to create fun and beautiful creative projects together. Relax & unwind with activities such as painting, gardening, drawing, printmaking, and many more! No experience needed. Sign up required.

**Men's Group With Gage**

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

**Beading Blooms with Larissa**

Get into the spring season with some beautiful floral beading. Participants will have the choice of making earrings, bracelets, keychains, or any creation their heart desires! This group will have 2 sessions. Sign-up is mandatory

**Meals and Soup Kitchens**

**In Thamesville:**  
Thamesville United Church  
107 Elizabeth St.  
Last Wed. of the month from 5-7pm

**The Magic of Musical Theatre with Emma**

Join Emma in exploring a different musical theatre production each session. In this group we will look at the development of a show, an indepth synopsis, video clips, and songs from professional productions!

**Pause Procrastination**

Join Jeff for 2 sessions as we gain an understanding why we put things off and engage in procrastination, how to dismiss procrastination excuses and develop practical strategies to finally get things done. Session 2 will be taking place in early May.

**Walking Group**

Get your steps in with friends! Join us for an off-site walk. Pre-registration required. See Emma for details and to sign up!

**Meals and Soup Kitchens**

**In Blenheim:**  
Blenheim Word of Life Church  
Mon./Wed./Fri. from 10am-12pm  
Please call the church to place your order so that it can be ready when you arrive. 519-676-8036.

**Tea and Tales with Larissa**

Join Larissa a warm cup of tea and comforting tales from Chicken Soup for the Soul. These stories will help participants to reflect on their own experiences, practice gratitude, and converse with peers with similar experiences.

**April Showers Bring May Flowers with Emma**

For every season there is a reason. Join Emma for this arts-based group discussing change, transitions, and healthy coping. We will use mediums such as music, art, and poetry to explore these topics. Sign up is required for this program.

**Peer Conversations with Jeff**

Need to talk to someone who understands? Jeff is available for 1 on 1 peer conversations from 10-2 every Tuesday. In person, phone, & virtual options offered. Please contact Sam at 519 351 3100 or sam@mhnck.com to schedule a time to talk!

**Food Banks:**


**OUTREACH FOR HUNGER – CHATHAM** Monday, Wednesday and Fridays 11:00 am – 3:00 pm. One person at a time will be seen and please have your identification ready. **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 (519-674-3765), Blenheim (519-676-3886). **MERLIN UNITED CHURCH** 100 Aberdeen, Merlin Fridays 10am to noon. **DRESDEN FOOD BANK** Dresden Community Church, 10am to noon Tuesdays & Thursdays, 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. **TILBURY INFORMATION AND HELP CENTRE** Tuesday-Friday 9am-3pm. Closed daily from 12-12:30. By appointment, 519-354-0430.

**Many Organizations are Operating With a Take-Out Bagged Meal, Currently:**

In Chatham: **Campbell AME Church:** Wednesdays from 11:30am-12:30 pm. **St. Ursula's Parish Hall:** 1st and 3rd Wednesdays from 4:30-5:30pm. **St. Agnes Church:** offering bagged lunches on Thursdays from 11am-12pm. **Spirit and Life Centre:** 184 Wellington St, Chatham – Bagged lunches every Friday from 11:15-11:45 am. **Praise Fellowship Church:** 165 Park Ave, Tuesdays from 11am-12pm. **Hope Haven:** 183 Wellington St. Chatham. Open for food, shelter, shower, internet, telephone, referral service every day of the week from 10am-2pm, Mondays 12pm-2pm. **Salvation Army:** 2nd&4th Tuesday meal pickup call 519-354-8353 to reserve. **Rock Missions:** bagged lunches Tuesday & Saturday. Call 519-351-1450 for more information. **Free Help CK:** Monday & Thursday meal delivery for seniors, to order call Geri 519-990-5178. **Christ Church:** bagged lunch Mondays 11:30-12:30. **First Presbyterian Church:** Eat-in breakfast at 60 Fifth Street on Saturdays 9:30-11am.

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"*












## Hope House Connects

# Virtual Program Calendar

Funded by the  
Government of Canada's  
Community Services Recovery Fund



Hope House Virtual Programs are open to anyone ages 16+ and are free to join!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Anger With Jeff</b></p> <p><i>April 8, 15, 22, 29</i></p> <p>11:00-12:00pm</p> <p>Whether you get angry or avoid it, learning how to express your anger is vital to your mental health. Learn to understand and express healthy anger.</p>  <p><b>Art Hub Club with Emma</b></p> <p><i>April 8, 15, 22, 29</i></p> <p>2:30pm</p> <p>Join Sam on Zoom to create fun and beautiful creative projects together. No experience needed—supplies can be delivered to you at no charge!.</p>	<p><b>Peer Conversations with Jeff</b></p> <p>10:00-2:00pm</p> <p>Want to chat? Connect &amp; receive support with an understanding ear from Jeff.</p>  <p><b>Free 2B Me with Sam</b></p> <p><i>April 2, 9, 16</i></p> <p>2:30-4:00pm</p> <p>A group for 2SLGBTQIA+ community members and allies between the ages of 18-30. Make friends, share experiences, create memories, gain support and information while having fun together in a safe environment.</p> 	 <p><b>Meditation With Larissa</b></p> <p><i>April 3, 17, 24</i></p> <p>1:00-1:30</p> <p>Meditation can be a great tool for managing your wellness. Join Larissa for a calming meditation session. Learn and practice meditation skills from the comfort of your own home!</p> <p><b>Men's Talk with Jeff</b></p> <p><i>April 3, 17, 24</i></p> <p>2:30pm</p> <p>Join Jeff for an opportunity to connect with other men for fun conversation and games!</p>	 <p><b>Peer Conversations with Jeff</b></p> <p>10:00-2:00pm</p> <p>Want to chat? Connect &amp; receive support with an understanding ear from Jeff.</p> <p><b>Women Inspiring Women</b></p> <p><i>With Jenny</i></p> <p><i>March 14 &amp; 21</i></p> <p>2:15pm</p> <p>Join Jenny for an opportunity to connect with other women for fun conversation and games!</p> 	 <p><b>Social Room</b></p> <p><i>with Larissa</i></p> <p><i>April 5, 12, 26</i></p> <p>10:00-10:30am</p> <p>Connect socially with friends for fun conversation, interactive games and more with Larissa!</p>

Please Note: There will be no virtual groups on April 1 or 10

Please contact Emma at 519 351 3100 or [emma@mhnc.com](mailto:emma@mhnc.com) to register for virtual programs!