







May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We offer free meals every day at noon! 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.</p>	<p>Hope House Connects: 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!</p>	<p>1 10:30 Backyard Fun and Games with Emma 11:00 Polish Poker with Mark 11:00 Food and Body Connection with Larissa 12:00 Free Lunch 12:30 Puzzles and Palettes with Jeff 1:00 Creativity Unleashed! Gratitude Journal-Making with Emma</p>	<p>2 10:00 Cooking Club with Mark 10:30 Thrifty Thursdays with Larissa 11:00 Pause Procrastination with Jeff 12:00 Free Lunch 12:30 Meditation with Larissa 1:00 Managing Emotions with Emma</p>	<p>3 10:00 Cooking Club with Mark 10:30 Step and Sweat with Emma 11:00 Mind Your Mind with Larissa 12:00 Free Lunch 12:30 Chair Yoga with Emma 1:00 Name That Tune with Jeff</p> 
<p>6 Mental Health Week Motivation Monday</p>	<p>7 Mental Health Week- Green Shirt Day Gratitude Tuesday</p>	<p>8 Mental Health Week Wellness Wednesday</p>	<p>9 Mental Health Week Thinking Thursday</p>	<p>10 Mental Health Week Feel Good Friday</p>
<p>MHNCK's 13th Annual Flag Raising & Free BBQ Chatham Civic Centre, 11:00am</p> 	<p>10:00 Cooking Club with Mark 10:30 Mindful Movement with Larissa 11:00 Music that Moves You with Emma 12:00 Free Lunch 12:30 Around the World with Jeff 1:00 Women's Group with Becky 1:00 Men's Group with Gage</p>	<p>10:30 Step and Sweat with Emma 11:00 Growing in Gratitude (Journaling) with Emma 11:00 Polish Poker with Mark 12:00 Free Lunch 12:30 Food and Body Connection with Larissa 1:00 Be Kind to Your Mind with Jeff</p> 	<p>10:00 Cooking Club with Mark 10:30 Thrifty Thursdays with Larissa 11:00 Managing Emotions with Emma 12:00 Free Lunch 12:30 Meditation with Jeff 1:00 Tea & Tales with Larissa</p>	<p>10:00 Cooking Club with Mark 10:30 Step and Sweat with Emma 11:00 Mind Your Mind with Larissa 12:00 Free Lunch 12:30 Member's Meeting with Jenny 1:00 Card-Making with Sharon *Family Service Kent BBQ 4-6pm*</p>
<p>13 10:30 Cooking Club with Mark 11:00 Finding Forgiveness with Jeff 12:00 Free Lunch 12:30 Chair Yoga with Emma 1:00 Limericks with Larissa 1:30 Hospital Group with Jeff</p>	<p>14 10:00 Cooking Club with Mark 10:30 Step and Sweat with Larissa 11:00 Magic of Musical Theatre with Emma 12:00 Free Lunch 12:30 Pet Therapy with Summer 1:00 Women's Group with Becky Taking place at Kingston Park- Pre-Registration is required for this event 1:00 Men's Group with Gage</p> 	<p>15 Disney Day 10:30 Disney Doodles with Larissa 11:00 Disney Trivia with Jeff 12:00 Free Lunch 12:30 Disney Karaoke with Emma 1:00 Disney Film Screening with Larissa 2:00 Grieving Well with Erin Pre-registration is required for this group</p> 	<p>16 Family Group: 6:30-8:30pm 10:30 Cooking Club with Mark 11:00 Creativity Unleashed! Happy Little Tree Painting with Larissa 11:00 Overcoming Social Anxiety with Jeff 12:00 Free Lunch 12:30 Meditation with Larissa 1:00 Managing Emotions with Emma</p> 	<p>17 10:00 Cooking Club with Mark 10:30 Step and Sweat with Emma 10:30 Decorate Cupcakes with Larissa 11:00 National Drumming Month Presentation with Lynn from the Active Lifestyle Center 12:00 Free Lunch 12:30 May Birthday Social with Emma 1:00 Music Appreciation with Jeff</p> 
<p>20 MHNCK Closed for Victoria Day</p>	<p>21 10:00 Cooking Club with Mark 10:30 Step and Sweat with Larissa 11:00 Music That Moves You with Emma 12:00 Free Lunch! 12:30 Backyard Fun and Games with Jeff 1:00 Women's Group with Becky 1:00 Men's Group with Gage</p>	<p>22 10:30 Resistance Band Exercise with Jeff 11:00 Diabetes Education Session with Jenn Smith 12:00 Free Lunch 1:00 Creativity Unleashed! May Flowers Vases with Emma</p>	<p>23 10:00 Cooking Club with Mark 10:30 Thrifty Thursdays with Larissa 11:00 Overcoming Social Anxiety with Jeff 12:00 Free Lunch 12:30 Meditation with Larissa 1:00 Managing Emotions with Emma</p> 	<p>24 10:00 Cooking Club with Mark 10:30 Backyard Scavenger Hunt with Kate 11:00 Mind Your Mind with Larissa 12:00 Free Lunch 12:30 Chair Yoga with Emma 1:00 Name that Tune with Jeff</p> 
<p>27 10:00 Cooking Club with Mark 10:30 Zumba with Emma 11:00 Finding Forgiveness with Jeff 12:00 Free Lunch 12:30 Puzzles and Palettes with Larissa 1:00 Magic of Musical Theatre with Emma 1:30 Hospital Group with Jeff</p> 	<p>28 10:00 Cooking Club with Mark 10:30 Step and Sweat with Larissa 11:00 Learning About Schizophrenia with Jeff 12:00 Free Lunch 12:30 Pet Therapy with Summer 1:00 Women's Group with Jenny 1:00 Men's Group with Gage</p> 	<p>29 10:30 Backyard Games with Larissa 11:00 Be Kind to Your Mind with Jeff 11:00 Polish Poker with Mark 12:00 Free Lunch 12:30 Food and Body Connection with Larissa 1:00 Creativity Unleashed! Mixed Media Self Portraits with Emma</p> 	<p>30 10:00 Cooking Club with Mark 10:30 Thrifty Thursdays with Larissa 11:00 Overcoming Social Anxiety with Jeff 12:00 Free Lunch 12:30 Meditation with Jeff 1:00 Music Appreciation with Larissa</p>	<p>31 10:00 Cooking Club with Mark 10:30 Step and Sweat with Emma 11:00 Mind Your Mind with Larissa 12:00 Free Lunch 1:00 Music for Motivation with Jeff</p>
<p>Some programs will now be offered virtually as well as in person. The following symbol will indicate virtual groups:  Check out our virtual calendar for more online programs! Questions: Please contact Emma at 519 351 3100 or emma@mhnck.com</p>			<p> Need Someone to Talk to? Jeff & Jenny are available Mon-Fri for peer support</p>	<p>Peer Conversations with Jeff Tuesdays and Thursdays from 10-2pm  Receive 1 to 1 peer support in person, over the phone or virtually! Please call or email to schedule a time.</p>

Finding Forgiveness with Jeff
Join Jeff for 2 group sessions on forgiveness. While forgiveness can be challenging, it is possible to navigate. Learn how to forgive others and oneself with practical tips, meditation, and interactive activities.
Women's Group with Becky
A support group for women of all ages. Join women from our community who understand. Always welcome to bring your needlework with you.
Managing Emotions with Emma
Join Emma for this 4 week group focusing on knowledge and skills surrounding one's emotions. We will be discussing topics such as mindfulness, emotional regulation, and distress tolerance.
Meals and Soup Kitchens
<p>In Wallaceburg: Pentecostal Church month from 5-6pm Church 5pm Our Lady Help of Christians Church 2nd Saturday of the month at 4:30pm Wallaceburg Christian Reformed Church 3rd Tuesday of the month at 5pm</p> <p>Bethel 4th Tuesday of the month Trinity United Church 4th Friday of the month at 5pm First Baptist Church</p>

Creativity Unleashed! With Emma and Larissa
Join us 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.
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!
Meals and Soup Kitchens
<p>In Thamesville: Thamesville United Church 107 Elizabeth St. Last Wed. of the month from 5-7pm</p>

13th Annual MHNCK Flag Raising
Join the MHNCK team at the Chatham Civic Center on May 6th at 11am for our annual Flag Raising. This event demonstrates our commitment to providing necessary mental health services and reducing the associated stigma.
Overcoming Social Anxiety with Jeff
Join Jeff for this multi-session group to gain information regarding what defines social anxiety. Additionally, learn about suggested strategies to manage your anxiety symptoms in social situations.
Step and Sweat
Get your steps in with friends! Join us for indoor and outdoor exercise. See Emma for details and to sign up!
Meals and Soup Kitchens
<p>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.</p>

Mind Your Mind with Larissa
Join Larissa for this multi-session group encouraging self-awareness, gratitude and self-reflection. These sessions will incorporate mindfulness, meditation, and related worksheets.

Grieving Well with Erin
Join Erin for this monthly drop-in group to assist those experiencing loss in their lives. This group provides an opportunity to share in a safe space, connect with like peers, and practice healthy grieving.


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 and Thursday. In person, phone, & virtual options offered. Please contact Jeff at 519 351 3100 or jeff@mhnc.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.

<p style="text-align: center;">71 Raleigh St. Chatham, ON N7M 2M9 Phone 519-351-3100 Fax 519-351-3400 www.mhnc.com</p> <p style="text-align: center;"><i>"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"</i></p>	
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Spring Virtual Program Calendar 2024







HOPE HOUSE CONNECTS

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



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wellness Education with Jeff</p> <p>11:00-12:00pm</p> <p>Join Jeff via Zoom for weekly educational programs surrounding wellness, mental health, and positive coping</p>  <p>Art Hub Club with Emma</p> <p>2:30pm-3:00pm</p> <p>Join Emma on Zoom to create fun and beautiful creative projects together. No experience needed—supplies can be delivered to you at no charge!.</p>	<p>Peer Conversations with Jeff</p> <p>10:00-2:00pm</p> <p>Want to chat? Connect & receive support with an understanding ear from Jeff.</p>  <p>Social Room with Larissa</p> <p>10:00-10:30am</p> <p>Connect socially with friends for fun conversation, interactive games and more with Larissa!</p>	 <p>Men's Talk with Jeff</p> <p>2:30pm</p> <p>Join Jeff for an opportunity to connect with other men for fun conversation and games!</p>	 <p>Peer Conversations with Jeff</p> <p>10:00-2:00pm</p> <p>Want to chat? Connect & receive support with an understanding ear from Jeff.</p> <p>Women Inspiring Women with Jenny</p> <p>1st and 3rd Thursdays of each month</p> <p>2:15pm</p> <p>Join Jenny for an opportunity to connect with other women for fun conversation and games!</p> 	 <p>Meditation with Larissa</p> <p>9:30-10:00am</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>

Please Note: There will be no virtual groups: May 20th

Please contact Emma at 519 351 3100 or emma@mhnc.com to register for virtual programs!