



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Save the Date!</i> MHNCK's Annual Devonshire Mall Shopping Trip – Fri., December 6th	<i>Save the Date!</i> MHNCK's Annual Christmas Party Monday, December 23rd at the Retro Suites	Some programs will now be offered virtually as well as in person. The following symbol will indicate virtual groups Please contact Larissa at 519 351 3100 or larissa@mhnck.com to register for virtual programs! Check out our virtual calendar for more online programs!	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.	1 10:30 Cooking Club 10:30 Creativity Unleashed! Paint-Along with Natalie 11:30 Hat Draw Story Building with Emma 12:00 Free Lunch 12:30 Taboo Game with Larissa 1:00 Music Appreciation with Emma
4 10:15 Step and Sweat with Emma 11:00 Get Hooked! With Jenny 12:00 Free Lunch 12:30 Guided Meditation with Larissa 1:00 Worthy You with Jeff	5 10:30 Creativity Unleashed! Felt Poppies with Natalie 11:30 Chair Yoga with Emma 12:00 Free Lunch 12:30 Pet Therapy with Summer 1:00 Women's Group with Emma 1:00 Men's Group with Jeff 2:10 Young Minds with Larissa	6 10:15 Autumn Walk: Baxton's Bush with Larissa 11:00 Magic of Musical Theatre: South Pacific with Emma 12:00 Free Lunch 12:30 Resistance Band Exercise with Jeff 1:00 Mindful Matisse with Emma 2:10 WRAP with Jeff	7  Join us for a trip to GOLASANTIS Taking place from 10am-2pm Preregistration Required at Hope House - \$4 Cost	8 10:30 Cooking Club 10:30 Creativity Unleashed! Wood-Burning with Natalie 11:30 Beasts of Battle with Larissa 12:00 Free Lunch 12:30 Local Heroes with Emma 1:00 Name That Country Tune with Jeff
11  MHNCK Closed for Remembrance Day	12 10:30 Creativity Unleashed! Rafia Animal Décor with Natalie 11:30 What am I? with Jeff 12:00 Free Lunch 12:30 Resistance Band Exercise with Larissa 1:00 Women's Group with Jenny 1:00 Men's Group with Jeff 2:10 Young Minds with Larissa	13 10:30 Step and Sweat with Jeff 11:00 DIY Peanut Butter Fudge with Larissa 12:00 Free Lunch 12:30 Puzzles and Palettes with Larissa 1:00 Journaling for You with Jeff 2:10 WRAP with Jeff	14 10:30 Morning Coffee Social 11:00 Food and Body Connection with Larissa 12:00 Free Lunch 12:30 Christmas Carols, Cocoa, and Decorating 2:00 Grieving Well with Erin	15 10:30 Cooking Club 10:30 Creativity Unleashed! Card-Making with Natalie 11:30 Decorate Cupcakes with Larissa 12:00 Free Lunch 12:30 Members' Meeting and Birthday Social with Jenny 1:00 Name That 90's Tune with Jeff
18 10:15 Disney Draw-Along with Larissa 11:00 Diabetes Education Session with Jenn Smith 11:00 Get Hooked! With Jenny 12:00 Free Lunch 12:30 Creative Colouring 1:00 Worthy You with Jeff	19 10:30 Creativity Unleashed! Painted Rock Picture Holders with Natalie 11:30 Holiday Self-Care with Jeff 12:00 Free Lunch 12:30 Pet Therapy with Summer 1:00 Women's Group with Larissa 1:00 Men's Group with Jeff 2:10 Young Minds with Larissa	20 10:30 Resistance Band Exercise with Jeff 11:00 DIY Cinnamon Lip Scrubs with Larissa 12:00 Free Brunch 12:30 Cards and Games 1:00 Journaling for You with Jeff 2:10 WRAP with Jeff	21  Join us for MHN's Annual Winter Craft Show! Taking place between 12pm-4pm at Hope House 	22 10:30 Cooking Club 10:30 Creativity Unleashed! Paint-Along with Natalie 11:30 Jeopardy! with Larissa 12:00 Free Lunch 12:30 Polish Poker with Jeff 1:00 Music Appreciation with Larissa
25 10:15 Step and Sweat with Larissa 11:00 Get Hooked! With Jenny 12:00 Free Lunch 12:30 Creative Colouring 1:00 Health Education Session with Lindsay Lozon	26 10:30 Creativity Unleashed! Stained Glass Bookmarks with Natalie 11:30 Holiday Self-Care with Jeff 12:00 Free Lunch 12:30 Tea and Tales with Larissa 1:00 Women's Group with Jenny 1:00 Men's Group with Jeff 2:10 Young Minds with Larissa	27 10:30 Creativity Unleashed: Wood-Burning with Natalie 11:30 Funniest Home Videos 12:00 Free Lunch 12:30 Cards and Games 1:00 DIY Doughnut Bath Bombs with Larissa	28 10:30 Morning Coffee Social 11:00 Food and Body Connection with Larissa 12:00 Free Lunch 12:30 Puzzles and Palettes 1:00 Bingo!	29 10:30 Cooking Club 11:00 Lunch and Learn: Breast Cancer Awareness followed by a free lunch 1:00 Music Appreciation with Larissa

Worthy You with Jeff

Join Jeff for this multi-session group. Learn to boost self-esteem and confidence with wellness tools for a better relationship with oneself.

Women's Group

A support group for women of all ages. Join women from our community who understand. Always welcome to bring your needlework with you.

WRAP (Wellness Recovery Action Plan) with Jeff

Join Jeff for two sessions in discovering ways boundaries can be beneficial. Learn to identify and evaluate your own boundaries, how you can begin to set, maintain, or strengthen these boundaries, as well as how to respect the boundaries of others.

Meals and Soup Kitchens

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

Creativity Unleashed! With Natalie

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 Jeff

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

In Thamesville:
Thamesville United Church 107
 Elizabeth St. Call 519-692-4827 for exact dates & times.
In Tilbury:
Ashley's Place
 75 Queen St.
 Free soup, coffee or hot chocolate.
 Saturdays 11am-1pm

Food and Body Connection with Larissa

This group is for anyone wanting a healthier food and body connection. Topics include body image, our relationship with food, diet support, and exercise. You don't have to do it alone!

Save the Dates!

Look for updates in November and December regarding our annual Devonshire Mall Trip on Friday, December 6th. Additionally you will be receiving information about our annual Christmas Party taking place at the Retro Suites on Monday, December 23rd

Pet Therapy with Summer

Join Summer the dog and her wonderful owner Dave for pet therapy visits twice monthly. Summer is very calm and comforting, sure to put a smile on anyone's face! Look for visits with Summer on alternating Tuesdays before Women's and Men's Group

Meals and Soup Kitchens

In Blenheim:
Blenheim Word of Life Church 22
 Talbot St. W. Mon./Wed./Fri.
 10:30am-12:30pm Please call the church to place your order. 519-676-8036.
In Chatham:
First Presbyterian Church
 60 Fifth St. Saturdays 9:30-11am

Journaling for You with Jeff

Join Jeff this month in learning the art of journaling. Embrace your creative side, have fun, and enhance your mental health all at once!

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@mhnck.com to schedule a time to talk!

Food Banks:
OUTREACH FOR HUNGER – CHATHAM 10 Wellington St. Monday/Wednesday/Friday 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 St., Merlin Fridays 10am-12pm.
DRESDEN FOOD BANK Dresden Community Church, 29043 Community Rd. Tuesdays & Thursdays 10am-12pm. Please call the church to make an appointment at 519-683-6541.
TILBURY INFORMATION AND HELP CENTRE 26 Queen St N. Monday-Friday 9am-3pm. Closed daily from 12-12:30. By appointment, call 519-354-0430.

Bagged Meals/Soup Kitchens:
 In Chatham: **St. Ursula's Parish Hall:** Bagged meal. 205 Tweedsmuir Ave W. 2nd and 4th Wednesdays at 4:30pm. **St. Agnes Church:** Bagged meal. 52 Croydon St. entrance. Thursdays from 11am-12pm. **Spirit and Life Centre:** Bagged meal. 184 Wellington St. Fridays at 11am. Closed on long weekends. **Christ Church:** Bagged meal. 80 Wellington St W. Mondays 11:30am-12:15pm. **Praise Fellowship Church:** Soup kitchen take-out/eat outdoors. 165 Park Ave E. Tuesdays from 11am-12pm. **Free Help CK:** For seniors: meal delivery Monday & Thursdays 11am-2pm. Call Geri at 519-990-5178 to order. **New:** Free community meal monthly on 4th Thursday 5:30-6:30pm. **Campbell AME Church:** Soup kitchen. 20 Prince St. Wednesdays from 11:30am-12:30 pm. **R.O.C.K:** Light snacks/refreshments. **Chatham location:** 39 Richmond Street, 519-351-1450. **Wallaceburg Location:** 233 Nelson Street, 226-626-8996. **Hope Haven:** 183 Wellington St. W. Drop in, shower, lunch, laundry, clothing, computer & phone use, social/fellowship/peer support every day of the week from 10am-2pm.

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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"

