














April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Some programs will be offered virtually. The following symbol will indicate virtual groups. Please contact Jeff at jeff@mhnck.com to register. 📍	10:15 Wood-Burning with Natalie 11:15 Nurture with Nature with Larissa 12:00 Free Lunch 12:30 Pet Therapy with Summer 1:00 Women's Group with Cheryl 1:00 Men's Group with Jeff 2:15 Young Minds with Larissa 	10:00 Walk at Mud Creek 10:00 Board Game Café 11:00 Thrifting Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Easter Pictionary 📍 1:00 Forgiveness with Jeff	10:15 Wood Hearts & Driftwood Décor with Natalie 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 \$5 Haircuts with Cheryl 📍 1:00 Healthy Boundaries with Jeff	10:15 Cooking Club with Cheryl 11:00 Easter Jeopardy with Larissa 12:00 Free Lunch 12:30 Carrot Clothespins with Pam 1:00 Name That Hopeful Tune with Jeff
7	8	9	10	11
📍 10:15 Pathways to Recovery with Jeff 11:00 Get Hooked with Jenny 12:00 Free Lunch 12:30 \$5 Haircuts with Cheryl 1:00 Learning Languages with Larissa 	10:15 Welcome Peeps Mat with Natalie 11:15 Nurture with Nature with Larissa 12:00 Free Lunch 12:30 Polish Poker with Larissa 1:00 Women's Group with Cheryl 1:00 Men's Group with Jeff 2:15 Young Minds with Larissa	10:00 Walk at O'Neill Nature Preserve 10:00 Board Game Café 11:00 Thrifting Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Easter Scattogories  📍 1:00 Forgiveness with Jeff	MHNCK Spring Craft Show 12pm-4pm 	10:15 Cooking Club with Cheryl 11:00 Lunch & Learn: Cyber Safety with Special Constable Lauren Oswald 12:00 Free Lunch 12:30 Members' Meeting and Birthday Social 1:00 Easter Card-Making with Larissa
14	15	16	17 Family Group 6:30-8:30pm	18 Good Friday
📍 10:15 Pathways to Recovery with Jeff 11:00 Get Hooked with Jenny 12:00 Free Lunch 12:30 \$5 Haircuts with Cheryl 1:00 Learning Languages with Larissa	10:15 Macrame Cord Rabbits with Natalie 11:15 Nurture with Nature with Larissa 12:00 Free Lunch 12:30 Polish Poker with Caleb 1:00 Women's Group with Cheryl 1:00 Men's Group with Jeff 2:15 Young Minds with Larissa	10:00 Walk at Mud Creek 10:00 Board Game Café 11:00 Thrifting Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Easter Puzzles & Palettes with Larissa 📍 1:00 Checking In With Yourself with Jeff	10:15 Easter Egg Decorating with Natalie 11:00 Easter Egg Scavenger Hunt with Larissa 12:00 Free Easter Brunch 12:30 Easter BINGO with Jeff 	MHNCK CLOSED
21 Easter Monday	22 Happy Earth Day	23	24	25
MHNCK CLOSED 	10:15 Placemat Spring Bouquet with Natalie 11:00 Nurture with Nature with Larissa 12:00 Free Lunch 12:30 Pet Therapy with Summer 1:00 Women's Group with Cheryl 1:00 Men's Group with Jeff 2:15 Young Minds with Larissa 	10:00 Walk at O'Neill Nature Reserve 10:00 Board Game Café 11:00 Thrifting Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Magic Tricks with Caleb 📍 1:00 Checking In With Yourself with Jeff	10:15 Decorating a Mirror with Natalie 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 \$5 Haircuts with Cheryl 📍 1:00 Healthy Boundaries with Jeff 2:00 Grieving Well with Erin	10:15 Cooking Club with Cheryl 11:00 Earth Month Pictionary with Jeff 12:00 Free Lunch 12:30 Diamond Art Keychains with Pam 1:00 Listening Lounge with Larissa
28	29	30		
📍 10:15 Pathways to Recovery with Jeff 11:00 Diabetic Education Session with Jen 12:00 Free Lunch 12:30 5-Pin Bowling \$3.00 Registration Required 	10:15 Hope House Scrapbook Natalie 11:15 Nurture with Nature with Larissa 12:00 Free Lunch 12:30 Polish Poker with Caleb 1:00 Women's Group with Cheryl 1:00 Men's Group with Jeff 2:15 Young Minds with Larissa	10:00 Walk at Mud Creek 10:00 Board Game Café 11:00 Thrifting Tips & Tricks 12:00 Free Lunch 12:30 Magic Tricks with Caleb 1:00 Name That Dance Tune with Jeff 	Peer Support available daily. Schedule a time with Jeff, Jenny, or Larissa by calling 519-351-3100. 	Check backside of calendar for details about programming, as well as community meals & food bank information. 

April 2025 Group Information

Grieving Well with Erin	Lunch & Learn: Cyber Safety	\$5 Haircuts with Cheryl
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.	Join us for our monthly guest speaker! This month's topic is cyber safety with Special Constable Lauren Oswald.	Get a fresh cut for just \$5! Pre-register for a spot with Cheryl on Mondays & Thursdays from 12:30-2:00pm. Open to active members only.
Men's Group with Jeff	Women's Group with Cheryl	Wednesday Walks at Mud Creek/O'Neill Nature Preserve
A support group for men of all ages. Join men from our community who understand.	A support group for women of all ages. Join women from our community who understand.	Join us for weekly walks Wednesday mornings outside in the fresh spring air. We can all get our steps in together.
Balanced Bites & Bodies with Larissa	Creativity Unleashed with Nat	Thrifting Tips & Tricks with Larissa
This group is for anyone seeking balance with their health and body. Topics include body image, fitness, healthy eating tips, and self-care.	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.	Join Larissa to learn helpful tips to save money while shopping and to thrift the best deals!
Family Group with Erin & Hannah	Pathways to Recovery with Jeff	Checking In with Yourself with Jeff
Open to family members of individuals living with a mental illness. Join registered social workers, Erin and Hannah, every third Thursday of the month for an opportunity for education and support.	Learn to focus away from diagnosis & symptoms and discover how recovery defines you rather than mental illness.	Understand why you feel and behave the way you do and to recognize when you are stressed so that you can choose the appropriate coping strategies.
Get Hooked with Jenny	Pet Therapy with Dave & Summer	Young Minds with Larissa
Join Jenny Monday mornings and learn how to crochet fun new projects monthly. Beginners welcome!	Join Summer the collie 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!	Open to members aged 16-30. Join Larissa on Tuesdays for an after-hours youth group with connection, art, games, and more!

**71 Raleigh St.
Chatham, ON N7M 2M9**

Phone 519-351-3100

Fax 519-351-3400

www.mhnck.com

Monday-Friday 10:00am-2:00pm

"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"



Chatham Community Meals: April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3	4	5
	Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	Campbell AME Church Soup Kitchen 11:30am-12:30pm	Blessed Sacrament Church Bagged Meal 1pm-2:30pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
7	8	9	10	11	12
Christ Church Bagged Meal 11:30am-12:15pm	Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	St. Ursula's Parish Hall Bagged Meal 4:30pm Campbell AME Soup Kitchen 11:30am-12:30pm	Blessed Sacrament Church Bagged Meal 1pm-2:30pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
14	15	16	17	18	19
Christ Church Bagged Meal 11:30am-12:15pm	Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	St. Ursula's Parish Hall Bagged Meal 4:30pm Campbell AME Church Soup Kitchen 1:30am-12:30pm	Blessed Sacrament Church Bagged Meal 1pm-2:30pm	Good Friday	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
21	22	23	24	25	26
Christ Church Bagged Meal 11:30am-12:15pm	Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	St. Ursula's Parish Hall Bagged Meal 4:30pm Campbell AME Church Soup Kitchen 11:30am-12:30pm	Blessed Sacrament Church Bagged Meal 1pm-2:30pm Free Help CK Community Meal 5:30pm-6:30pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
28	29	30	27		
Christ Church Bagged Meal 11:30am-12:15pm	Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	Campbell AME Church Soup Kitchen 11:30am-12:30pm	Emmanuel Baptist Church Hot Meal 4:00pm		
<p>Food Banks: Outreach for Hunger: Mon./Wed./Fri. 11am-3pm. Salvation Army: Call for appt. 519-354-1430.</p> <p>Drop-In Centre: Hope Haven. Open daily 10am-2pm. 519-351-4010</p> <p>Homeless Response Line: Experiencing homelessness? Call 519-354-6628.</p>					