
















August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Some programs will be offered virtually. The following symbol will indicate virtual groups. Please contact Jeff at jeff@mhnc.com to register. 	Peer Support is available daily with Jeff or Larissa. Call 519-351-3100 for more information.	Check the backside of calendar for details about programming, as well as community meals & food bank information.		10:15 Cooking Club <i>with Cheryl</i> 11:00 Karaoke Corner <i>with Jeff</i> 12:00 Free Lunch 12:30 Diamond Dots <i>with Kate</i> 1:00 Card-Making with Sharon
4	5	6	7	8
MHNCK CLOSED Civic Holiday	10:15 Macrame Stars <i>with Natalie</i> 11:15 Summer Sightseeing <i>with Larissa</i> 12:00 Free Lunch 12:30 Pet Therapy <i>with Dave & Summer</i> 1:00 Men/Women Groups <i>with Bryan & Kat</i> 2:15 Young Minds <i>with Larissa</i>	10:15 Lawn Games <i>with Jenna</i> 11:15 Peaceful Palettes <i>with Kate</i>  12:00 Free Lunch 12:30 Banana Bread <i>with Cheryl</i> 1:00 Summer Sonnets <i>with Larissa</i>	10:15 Decoupage Cans <i>with Natalie</i> 11:15 Balanced Bites & Bodies <i>with Larissa</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Summer Pictionary <i>with Kate</i>	10:15 Cooking Club <i>with Mark</i> 11:00 Cupcake Decorating <i>with Kate</i> 12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Karaoke Corner <i>with Larissa</i>
11 PRIDE WEEK	12	13	14	15
10:15 PRIDE History Highlights <i>with Kate</i> 11:30 PRIDE Flag Raising at Civic Centre 12:30 Free Lunch 12:45 Haircuts <i>with Cheryl</i>  1:00 PRIDE Pictionary <i>with Larissa</i>	10:15 PRIDE Posters <i>with Natalie</i> 11:15 Summer Sightseeing <i>with Larissa</i> 12:00 Free Lunch 12:30 PRIDE Puzzles & Palettes 1:00 Men/Women Groups <i>with Bryan & Sue</i> 2:15 Young Minds <i>with Larissa</i>	10:15 PRIDE Jeopardy <i>with Larissa</i>  11:15 Rainbow Chalk Art <i>with Kate</i> 12:00 Free Lunch 12:30 Rainbow Chip Cake <i>with Cheryl</i> 1:00 Walmart Wednesdays <i>with Jeff</i>	10:15 PRIDE Posters <i>with Natalie</i> 11:15 Balanced Bites & Bodies <i>with Larissa</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  1:00 Worthy You <i>with Jeff</i>	10:15 Cooking Club <i>with Mark</i> 11:00 Guest Speaker: PRIDE FAQs with Sam 12:00 Free Lunch 12:30 Rainbow Loom Bracelets <i>with Kate</i> 1:00 Name that LGBTQ+ Tune <i>with Jeff</i>
18	19	20	21	22
10:15 History Highlights <i>with Kate</i> 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  1:00 Coping with Loneliness <i>with Jeff</i>	10:15 Embroidery Mermaids <i>with Katherine</i> 11:15 Summer Sightseeing <i>with Larissa</i> 12:00 Free Lunch 12:30 Summer Puzzles & Palettes 1:00 Men/Women Groups <i>with Jeff & Katherine</i> 2:15 Young Minds <i>with Larissa</i>	10:15 Therapeutic Touch with Kathy 11:15 Peaceful Palettes <i>with Kate</i> 12:00 Free Lunch 12:30 Summer Baking <i>with Cheryl</i> 1:00 Walmart Wednesdays <i>with Jeff</i> 2:00 Grieving Well with Erin	Mitchell's Bay 10am-2pm \$2 each Registration Required 	10:15 Cooking Club <i>with Mark</i> 11:00 Greatest Movie Stunts in History <i>with Jeff</i> 12:00 Free Lunch  12:30 BINGO <i>with Kate</i>
25	26	27	28	29 End of Summer Party
10:15 History Highlights <i>with Kate</i> 11:15 Lawn Games <i>with Jenna</i>  12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  1:00 Coping with Loneliness <i>with Jeff</i>	10:15 Flower Suncatchers <i>with Katherine</i> 11:15 Summer Sightseeing <i>with Larissa</i> 12:00 Free Lunch 12:30 Pet Therapy <i>with Dave & Summer</i> 1:00 Men/Women Groups <i>with Bryan & Sue</i> 2:15 Young Minds <i>with Larissa</i>	Seacliff Park 10am-2:30pm \$2 each Registration Required 	10:15 Pipecleaner Flowers <i>with Natalie</i> 11:15 Balanced Bites & Bodies <i>with Larissa</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>   1:00 Worthy You <i>with Jeff</i>	10:15 Lawn Games <i>with Larissa</i> 11:00 Name That Summer Song <i>with Jeff</i> 12:00 Free BBQ Lunch 12:15 Summer Slideshow <i>with Jeff</i> 12:30 Sendoff for Summer Students 1:00 Backyard Party

August 2025 Program Information

NEW! Volunteer for Gleaning to Support Hope House	Lunch & Learn: Friday, August 15th	Grieving Well with Erin
Interested in volunteering to help provide fresh food for Hope House meals? You can help through CK's Gleaning Program. Gleaning is the act of collecting leftover crops from farms after the main harvest. For details contact Allie Matthews at allie@mhncck.com.	Join us for our monthly guest speaker! This month's speaker is Sam, joining us virtually on the topic of PRIDE and the LGBTQ+ Community.	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.
Men's Group with Jeff	Women's Group with Sue/Katherine	Walmart Wednesdays with Jeff
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.	Need a break from carrying your groceries on the bus? Join Jeff Wednesday afternoons for a ride to pick up your essentials!
Balanced Bites & Bodies with Larissa	Creativity Unleashed with Natalie	Summer Sightseeing 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.	Get ready to embark on a learning adventure with Larissa this August as she uncovers the hidden gems and must-see spots across Ontario this summer!
Family Group with Erin & Hannah	Coping with Loneliness with Jeff	Worthy You 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. <i>Does not run July-August.</i>	Join Jeff to discuss the causes of loneliness, strategies to manage it, and ways to connect with others and make friends.	Join Jeff to learn how to boost self-esteem and confidence with wellness tools for a better relationship with oneself.
Young Minds with Larissa	Pet Therapy with Dave & Summer	Haircuts With Cheryl
Open to members aged 16-30. Join Larissa on Tuesdays for an after-hours youth group with connection, art, games, and more!	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!	Pre-register for a spot with Cheryl on Mondays & Thursdays at 12:30pm & 1:15pm. Open to active members only.

71 Raleigh St.
Chatham, ON N7M 2M9
Phone 519-351-3100
Fax 519-351-3400
www.mhncck.com
Monday-Friday

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



Chatham Community Meals: August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1	2
Food Banks: <i>Outreach for Hunger:</i> Mon./Wed./Fri. 11am-3pm. <i>Salvation Army:</i> Call for appt. 519-354-1430 Drop-In Centre: <i>Hope Haven.</i> Open daily 10am-2pm. 519-351-4010.					First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					3
4	5	6	7	8	9
Christ Church Bagged Meal 11:30am-12:15pm	Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	Campbell AME Soup Kitchen 11:30am-12:30pm	Blessed Sacrament Church Bagged Meal 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					10
11	12	13	14	15	16
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 St. Ursula Church Dine In/Out 4:30pm	Blessed Sacrament Church Bagged Meal 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					17
18	19	20	21	22	23
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					24
25	26	27	28	29	30
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 St. Ursula Church Dine In/Out 4:30pm	Blessed Sacrament Church Bagged Meal 11am-12pm St. Paul Church Community Meal 5:30pm-6:30pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
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