






















July 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 Maple Syrup Soap with Natalie 11:15 Travel Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Canadian Puzzles & Palettes 1:00 Men/Women Groups with Jeff & Sue 2:15 Young Minds with Larissa	 10:15 Finding Meaning & Purpose with Jeff 11:15 Peaceful Palettes with Kate 12:00 Free Lunch 12:30 Maple Fudge with Cheryl 1:00 Walmart Wednesdays with Jeff 	10:15 Stuffed Watermelon Décor with Nat 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Card-Making with Sharon	10:15 Cooking Club with Cheryl 11:00 Canadian Jeopardy with Larissa 12:00 Free Lunch 12:30 Red & White Loom Bracelets with Kate 1:00 Name That Canadian Tune with Jeff
7	8	9	10	11
10:15 Thrifting with Larissa  11:00 Social Psychology with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl  1:00 Assertiveness Training with Jeff	10:15 Fairy Wreaths with Katherine 11:15 Travel Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Canadian Pictionary 1:00 Men/Women Groups with Jeff & Katherine 2:15 Young Minds with Larissa	 10:15 Finding Meaning & Purpose with Jeff 11:15 Peaceful Palettes with Kate 12:00 Free Lunch 12:30 Summer Baking with Cheryl 1:00 Walmart Wednesdays with Jeff	10:15 Fabric Butterfly Magnets with Natalie 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Southside Mini Golf Registration Required \$2 each 2:00 Grieving Well with Erin 	10:15 Cooking Club with Mark 11:00 Cupcake Decorating with Kate 12:00 Free BBQ Rib Lunch  12:30 Members' Meeting & Birthday Social 1:00 Karaoke Corner with Larissa
14	15	16	17 Family Group 6:30-8:30pm	18
10:15 History Highlights with Kate 11:00 Social Psychology with Larissa 12:00 Free Lunch 12:30 Lawn Games with Jenna  1:00 Assertiveness Training with Jeff	10:15 Cherry-Stamped Dishcloths with Nat 11:15 Travel Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups with Jeff & Sue 2:15 Young Minds with Larissa	10:15 Therapeutic Touch with Kathy 11:15 Peaceful Palettes with Kate 12:00 Free Lunch 12:30 Cherry Cobbler with Kate 1:00 Walmart Wednesdays with Jeff	Blenheim Cherry Fest  10am-2pm \$2 each Registration Required 	10:15 Cooking Club with Mark 11:00 Lawn Games with Larissa 12:00 Free Lunch 12:30 Chalk Art with Kate 1:00 Karaoke Corner with Jeff 
21	22	23	24	25
10:15 History Highlights with Kate 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts with Cheryl  1:00 Assertiveness Training with Jeff	10:15 Miniature Lighthouses with Natalie 11:15 Travel Tips & Tricks with Larissa  12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups with Jeff & Katherine 2:15 Young Minds with Larissa	10:15 What is Mindfulness? with Jeff 11:15 Peaceful Palettes with Kate 12:00 Free Lunch 12:30 Summer Baking with Cheryl 1:00 Walmart Wednesdays with Jeff	Brander Park 10am-2pm \$2 each Pre-registered Members 	10:15 Cooking Club with Mark 11:00 Guest Speaker: Heart & Stroke Prevention with Cardiac Care Team 12:00 Free Lunch 12:30 Guesstimation with Jeff 1:00 BINGO with Kate
28	29	30	31	
10:15 History Highlights with Kate 11:00 Social Psychology with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl  1:00 Assertiveness Training with Jeff 	10:15 Beach Jars with Katherine 11:15 Travel Tips & Tricks with Larissa 12:00 Free Lunch 12:30 Polish Poker 1:00 Men/Women Groups with Jeff & Sue	10:15 What is Mindfulness? with Jeff 11:15 Peaceful Palettes with Kate 12:00 Free Lunch 12:30 Summer Baking with Cheryl 1:00 Walmart Wednesdays with Jeff 	10:15 Driftwood & Beach Glass Sailboats with Natalie 11:15 Jewelry-Making with Kate 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Telestrations with Jeff	Peer Support available daily with Jeff or Larissa. Check backside of calendar for details about programming, as well as community meals & food bank information. 

July 2025 Group Information

Grieving Well with Erin	Lunch & Learn: Friday, July 25 th at 11am	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 speaker is the Cardiac Care Team speaking on heart & stroke prevention.	Pre-register for a spot with Cheryl on Mondays &Thursdays at 12:30pm & 1:15pm. Open to active members only.
Men's Group with Jeff	Women's Group with Sue/Katherine	Walmart Wednesdays
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 on Wednesdays for a ride to Walmart to pick up your necessities!
Balanced Bites & Bodies with Larissa	Creativity Unleashed with Natalie	Travel 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 on Tuesdays to learn tips & tricks for travelling – including planning, prepping, packing & more!
Family Group with Erin & Hannah	Assertiveness Training with Jeff	Finding Meaning & Purpose 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.	Join Jeff and learn what assertiveness is, what your rights are, and strategies for speaking-up and standing-up for yourself.	Join Jeff and learn about meaning and purpose in life, how to discover it, and how mental illness impacts the search for purpose.
Social Psychology with Larissa	Pet Therapy with Dave & Summer	Young Minds with Larissa
Join Larissa on Monday mornings to learn about social psychology – including personality types, attachment styles, and social influence.	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!

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Phone 519-351-3100
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www.mhnck.com
Monday-Friday

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



Chatham Community Meals: July

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 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					6
7	8	9	10	11	12
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
					13
14	15	16	17	18	19
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	Blessed Sacrament Church Bagged Meal 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					20
21	22	23	24	25	26
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
					27
28	29	30	31		
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	Blessed Sacrament Church Bagged Meal 11am-12pm	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 Homeless Response Line: 519-354-6628	