













# September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
MHNCK CLOSED Labour Day	10:15 Clothespin Vases with Natalie 11:15 Travelling in Time: 1920's with Larissa 12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups with Bryan & Kat 2:15 Young Minds with Larissa	 <b>Optimist Club BBQ &amp; Movie Night 5-8pm</b> 	10:15 Painted Vinyl Records with Natalie 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Hope House Time Capsule with Jeff	10:15 Cooking Club with Mark & Cheryl 11:00 Jeopardy with Larissa 12:00 Free Lunch 12:30 Would You Rather? with Mark 1:00 Karaoke Corner with Jeff
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:15 Crochet with Cathy: Dish Cloths 11:00 BINGO with Jeff 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Decoding Depression with Jeff 	10:15 Pocket Full of Sunshine with Natalie 10:15 Fishing Derby with Mark & Jeff 12:00 Free Lunch 12:30 Go Fish Game with Jeff  1:00 Men/Women Groups with Jeff & Sue	10:15 Therapeutic Touch with Kathy 11:15 Puzzles & Palettes with Paige 12:00 Free Lunch 12:30 Autumn Baking with Cheryl  1:00 Walmart Wednesdays with Jeff	10:15 Bottle Scarecrows with Natalie 11:15 Greatest TV & Movie Animal Moments with Jeff 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Hope House Time Capsule with Jeff	10:15 Cooking Club with Mark & Cheryl 11:00 Guest Speaker: Suicide Prevention & Education with SPEC Team 12:00 Free Lunch 12:30 Guesstimation with Jeff 1:00 Card-Making with Sharon 
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:15 Pictionary with Larissa 11:15 Discover Ontario with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Decoding Depression with Jeff	10:15 Twine Candy Corn with Natalie 11:15 Travelling in Time: 1930's with Larissa 12:00 Free Lunch 12:30 Would You Rather? with Mark 1:00 Men/Women Groups with Jeff & Kat 2:15 Young Minds with Larissa	10:15 Charing Cross Farmer's Market 12:00 Free Lunch 12:30 Autumn Baking with Cheryl  1:00 Walmart Wednesdays with Jeff 2:00 Grieving Well with Erin	10:15 Scrap Wood Crows with Natalie 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Hope House Time Capsule with Jeff	10:15 Cooking Club with Mark & Cheryl 11:00 Cupcake Decorating 12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Karaoke Corner with Larissa
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:15 Crochet with Cathy: Pumpkins 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Decoding Depression with Jeff	10:15 Paper Apples with Natalie 11:15 Travelling in Time: 1940's 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	 <b>Thiessen's Apple Orchard 10am-2pm \$2 Fee Registration Required</b> 	10:15 Basket Pumpkins with Natalie 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Hope House Time Capsule with Jeff	10:15 Cooking Club with Mark & Cheryl 11:00 Name That Autumn Tune with Jeff 12:00 Free Lunch 12:30 BINGO with Larissa 
<b>29</b>	<b>30 National Day for Truth &amp; Reconciliation</b>			
MHNCK CLOSED	10:15 Orange Shirt Craft with Natalie 11:15 Travelling in Time: 1950's with Larissa 12:00 Free Lunch 12:30 National Day for Truth and Reconciliation with Jeff  1:00 Men/Women Groups with Jeff & Sue 2:15 Young Minds with Larissa	Some programs will be offered virtually. The following symbol will indicate virtual groups. Please contact Jeff at jeff@mhnck.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.

September 2025 Program Information

NEW! Volunteer for Gleaning to Support Hope House	Lunch & Learn: Friday, September 12th	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@mhnck.com.	Join us for our monthly guest speaker! This month's speaker is the SPEC Team on the topic of Suicide Prevention and Education for Suicide Prevention Month.	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	Travelling in Time 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 travel in time on Tuesday mornings – from back in the 1920's to the present 2020's. Each week we will discover a new decade!
Crochet with Cathy	Decoding Depression with Jeff	Hope House Time Capsule with Jeff
Join Cathy Monday mornings for some crochet projects. Hooks & yarn supplied. Beginners welcome! This month features dish cloths & pumpkin pins!	Learn to recognize depression, understand it's many root causes, and gain knowledge of strategies to cope with it. Virtual option available.	Open your time capsule from last year to see how much has changed in a year's time and create a time capsule for next year.
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.

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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: September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1	2	3	4	5	6
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
8	9	10	11	12	13
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  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
15	16	17	18	19	20
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22	23	24	25	26	27
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29	30	<div><div><b>Food Banks:</b> Outreach for Hunger: Mon./Wed./Fri. 11am-3pm. Salvation Army: Call for appt. 519-354-1430</div><div><b>Drop-In Centre:</b> Hope Haven. Open daily 10am-2pm. 519-351-4010.</div></div>			
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