



November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 Card Tournament <i>with Larissa</i> 10:15 Crochet with Cathy: Poppies 11:00 Art Through the Ages <i>with Natalie</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  12:45 Mind Matters: Depression & Anxiety	10:15 Fabric Christmas Trees <i>with Natalie</i> 11:15 Travelling in Time: 1990's <i>with Larissa</i> 12:00 Free Lunch 12:30 Remembrance Day Puzzles & Palettes 1:00 Men/Women Groups <i>with Bryan & Kat</i> 2:15 Young Minds <i>with Larissa</i>	10:15 Step & Sweat <i>with Katherine</i> 11:00 Motivation Hack <i>with Jeff</i> 12:00 Free Lunch 12:30 Afternoon Movie & Popcorn 	10:15 Lollipop Yarn Ornaments <i>with Nat</i> 11:00 Digital Balance <i>with Jeff</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Melody & Meaning <i>with Jeff</i>	10:15 Cooking Club <i>with Cheryl</i> 11:00 Guest Speaker: Indigenous Culture <i>with Lana Parenteau</i>  12:00 Free Lunch 1:00 Remembrance Rhythms <i>with Jeff</i>
10	11 Remembrance Day	12	13	14
MHNCK CLOSED	10:15 Paper Poppies <i>with Natalie</i> 10:30 Remembrance Ceremony at Cenotaph 11:15 Remembrance Day Jeopardy  12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups <i>with Bryan & Kat</i> 2:15 Young Minds <i>with Larissa</i>	10:15 Step & Sweat <i>with Katherine</i> 11:00 Travelling in Time: 2000's <i>with Larissa</i> 12:00 Free Lunch 12:30 Mindful Meditation <i>with Larissa</i> 1:00 Autumn Baking <i>with Cheryl</i> 2:00 Grieving Well with Erin	10:15 Denim & Lace Angels <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 Card Tournament <i>with Mark</i> 	10:15 Cooking Club <i>with Mark & Cheryl</i> 11:00 Cupcake Decorating <i>with Katherine</i> 12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Listening Lounge <i>with Larissa</i>
17	18	19	20 Family Group 6:30-8:30pm with Jeff & Kat	21
10:00 Card Tournament <i>with Mark</i> 10:15 Crochet with Cathy: Christmas Lights 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 12:45 Mind Matters: Bipolar Disorder & Schizophrenia <i>with Jeff</i>	10:15 Santa Gnome Plant Stakes <i>with Nat</i> 11:15 Travelling in Time: 2010's <i>with Larissa</i> 12:00 Free Lunch 12:30 Pictionary <i>with Katherine</i> 1:00 Men/Women Groups <i>with Jeff & Kat</i> 2:15 Young Minds <i>with Larissa</i>	MHNCK Christmas Craft Show Open House 12pm-4pm 	10:15 Cord Snowmen <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 Digital Balance <i>with Jeff</i>	10:15 Cooking Club <i>with Mark & Cheryl</i> 11:00 NO-vember <i>with Katherine</i> 12:00 Free Lunch 12:30 Trip to PARKS Blueberries Registration Required. \$2 Fee.
24	25	26	27	28
10:00 Card Tournament <i>with Mark</i> 10:15 Crochet with Cathy: Stockings 11:00 Art Through the Ages <i>with Nat</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  12:45 Mind Matters: Personality Disorders	10:15 Button Tree Art <i>with Natalie</i> 11:15 Travelling in Time: 2020's <i>with Larissa</i> 12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups <i>with Jeff & Kat</i> 2:15 Young Minds <i>with Larissa</i>	Trip to GOLDEN SANTAS TROPICAL GARDENS 10am-2pm Registration Required \$4 Fee	10:15 Wooden Snowmen <i>with Katherine</i> 11:15 Balanced Bites & Bodies <i>with Larissa</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Melody & Meaning <i>with Jeff</i>	10:15 Cooking Club <i>with Mark & Cheryl</i> 11:00 Funniest Movie Moments <i>with Jeff</i> 12:00 Free Lunch 12:30 BINGO <i>with Larissa</i>
Some programs will be offered virtually. The following symbol will indicate virtual groups. Please contact Jeff at jeff@mhncck.com to register 	 REMEMBER THOSE WHO SACRIFICED THEIR LIVES FOR OUR FREEDOM		Peer Support is available daily with Certified Peer Supporters, Jeff or Larissa. Call 519-351-3100 for more information.	Check the back side of the calendar for details about programming, as well as community meals and food bank information.

November 2025 Program Information

Family Support Group with Jeff & Katherine	Guest Speaker Friday, November 7th	Grieving Well with Erin
Does your loved one live with a mental illness? Join Jeff and Katherine monthly for an opportunity for education and support. Group meets every 3 rd Thursday of the month from 6:30-8:30pm.	Join us for our monthly guest speaker! This month's speaker is Lana Parenteau speaking on Indigenous Culture.	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/Bryan	Women's Group with Katherine	Art Through the Ages with Natalie
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 Natalie to learn about different art styles and movements! Try painting, drawing, and more!
Balanced Bites & Bodies with Larissa	Creative Crafts 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 various seasonal crafts! 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	Mind Matters: A Learning Series with Jeff	Digital Balance with Jeff
Join Cathy Monday mornings for some crochet projects. Hooks & yarn supplied. Beginners welcome! This month features poppies and Christmas lights & stockings!	Learn the basics about common mental health diagnoses. Group 1: Depression & Anxiety - Managing Moods. Group 2: Bipolar & Schizophrenia - Exploring Complex Mood & Thought Patterns. Group 3: Personality Disorders - Relating to Others.	As people spend more time online it is important to find the right balance and stay connected to the real world. Learn about setting boundaries & reducing use while understanding & seeing through the noise of the often-toxic online world.
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.mhnck.com
Monday-Friday



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

Chatham Community Meals: November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Food Banks: Outreach for Hunger: Mon./Wed./Fri. 11am-3pm. Salvation Army: Call for appt. 519-354-1430. Drop-In Centre: Hope Haven. Open Daily 10am-2pm. 519-351-4010. Homeless Response Line: Experiencing homelessness? Call 519-354-6628.					1 First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					2
3 Christ Church Bagged Meal 11:30am-12:15pm	4 Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	5 Campbell AME Soup Kitchen 11:30am-12:30pm	6 Blessed Sacrament Church Bagged Meal 11am-12pm	7 Spirit and Life Centre Bagged Meal 11am	8 First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					9
10 Christ Church Bagged Meal 11:30am-12:15pm	11 Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	12 Campbell AME Church Soup Kitchen 11:30am-12:30pm St. Ursula Church Dine In/Out 4:30pm	13 Blessed Sacrament Church Bagged Meal 11am-12pm	14 Spirit and Life Centre Bagged Meal 11am	15 First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					16
					Emmanuel Baptist Church Hot Meal 4-5pm
17 Christ Church Bagged Meal 11:30am-12:15pm	18 Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	19 Campbell AME Church Soup Kitchen 11:30am-12:30pm	20 Blessed Sacrament Church Bagged Meal 11am-12pm	21 Spirit and Life Centre Bagged Meal 11am	22 First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					23
24 Christ Church Bagged Meal 11:30am-12:15pm	25 Praise Fellowship Church Soup Kitchen Take-out 11am-12pm	26 Campbell AME Soup Kitchen 11:30am-12:30pm St. Ursula Church Dine In/Out 4:30pm	27 Blessed Sacrament Church Bagged Meal 11am-12pm	28 Spirit and Life Centre Bagged Meal 11am	29 First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					30