












December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Red & Green Day	4	5
10:15 Christmas Crochet <i>with Cathy</i> 10:15 DIY Room Spray <i>with Katherine</i> 11:00 This or That? Holiday Edition 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 12:45 Diamond Dot Ornaments <i>with Larissa</i>	10:15 Wood Slice Magnets <i>with Natalie</i> 11:15 Christmas Poetry <i>with Larissa</i> 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 Christmas Cork Mice <i>with Katherine</i> 11:00 Red & Green Jewelry <i>with Larissa</i> 12:00 Free Lunch 12:30 Christmas Puzzles & Palettes 1:00 Christmas Baking <i>with Mark</i> 2:00 Grieving Well with Erin	10:15 Wire & Bead Stars <i>with Natalie</i> 11:15 Holiday Health <i>with Larissa</i> 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 1:00 Seasonal Loneliness <i>with Katherine</i>	Trip to Devonshire Mall 9am-2pm Registration Required \$4 Fee. 
8	9	10 Christmas Socks Day	11	12
10:15 Christmas Crochet <i>with Cathy</i> 11:00 DIY Sugar Scrub <i>with Natalie</i> 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 12:45 Coping with Holidays <i>with Jeff</i>	10:15 Upcycled Card Ornaments <i>with Nat</i> 11:15 Fireplace Stories <i>with Larissa</i> 12:00 Free Lunch 12:30 Christmas Pictionary 1:00 Men/Women Groups <i>with Jeff & Kat</i> 2:15 Young Minds <i>with Larissa</i>	10:15 Snowmen Signs <i>with Katherine</i> 11:00 Beyond Resolutions <i>with Jeff</i> 12:00 Free Lunch 12:30 Trip to THE GLASSHOUSE  Nursery & Garden Centre Ltd. Registration Required. \$2 Fee.	10:15 Mini Wreaths <i>with Natalie</i> 11:15 Holiday Health <i>with Larissa</i> 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 1:00 Melody & Meaning <i>with Jeff</i>	10:15 Name That Christmas Tune <i>with Jeff</i> 11:00 Christmas Card-Making with Sharon 12:00 Free Lunch 12:30 Christmas BINGO <i>with Larissa</i>
15	16	17 Christmas Sweater Day	18 Family Group 6:30-8:30pm with Jeff & Kat	19
10:15 Christmas Crochet <i>with Cathy</i> 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 12:45 Coping with Holidays <i>with Jeff</i>	10:15 Wood Block Reindeer <i>with Natalie</i> 11:15 Gingerbread Houses <i>with Larissa</i> 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 Christmas Party	10:15 Ribbon Christmas Trees <i>with Kat</i> 11:00 Beyond Resolutions <i>with Jeff</i> 12:00 Free Lunch 12:30 Christmas Baking <i>with Mark</i> 1:00 Christmas Family Feud <i>with Jeff</i>	10:15 Snowmen Scoops <i>with Katherine</i> 11:15 Holiday Health <i>with Larissa</i> 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 1:00 Melody & Meaning <i>with Jeff</i>	10:15 Christmas Jeopardy <i>with Larissa</i> 11:00 Cupcake Decorating <i>with Katherine</i> 12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Christmas Karaoke <i>with Jeff</i>
22	23	24	25	26
10:15 Christmas Crochet <i>with Cathy</i> 11:00 DIY Coffee Soap <i>with Natalie</i> 12:00 Free Lunch 12:30 Holiday Haircuts <i>with Cheryl</i> 12:45 Coping with Holidays <i>with Jeff</i>	MHNCK Christmas Dinner Retro Suites Hotel 11:30am-2pm Registration Required	MHNCK CLOSED 	MHNCK CLOSED 	MHNCK CLOSED 
29	30	31	1	2
Christmas Movie with Festive Treats & Games 10am-2pm 	New Year Movie with Festive Treats & Games 10am-2pm 	MHNCK CLOSED 	MHNCK CLOSED 	MHNCK CLOSED Reopen Monday, January 5th

December 2025 Program Information

Coping with Holidays with Jeff	Beyond Resolutions with Jeff	Grieving Well with Erin
Learn about how to deal with the season with some practical tips to help minimize the stress and depression that often accompany the holidays.	Having a hard time keeping your new year's resolutions? Learn how to set realistic goals to achieve what really matters to you with a focus on 4 important domains of life.	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	Family Support Group with Jeff & Katherine
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.	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.
DIY Skincare with Natalie & Katherine	Creative Crafts with Natalie & Katherine	Crochet with Cathy
Join us to create homemade natural skincare products with essential oils – including soaps, scrubs, sprays and more!	Join us to create fun and beautiful creative projects together. Relax & unwind with various seasonal crafts! No experience needed. Sign up required.	Join Cathy Monday mornings for some crochet projects. Hooks & yarn supplied. Beginners welcome! This month features poppies and Christmas lights & stockings!
Balanced Bites & Bodies with Larissa	Cozy Christmas with Larissa	Melody & Meaning with Jeff
This group is for anyone seeking balance with their health and body. Topics include body image, fitness, healthy eating tips, and self-care.	Join Larissa this December for various cozy Christmas-themed activities! Including, listening to fireside stories, making red & green jewelry, building gingerbread houses, and more!	Connect with others through the healing power of music and shared personal experiences. Share a song that's significant to you and engage in a supportive discussion after listening to the track together.
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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Monday-Friday

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



Chatham Community Meals: December

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	7
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	Emmanuel Baptist Church Hot Meal 4-5pm
15	16	17	18	19	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	Blessed Sacrament Church Bagged Meal 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
22	23	24	25	26	14
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	
29	30	31			20
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	Food Banks: Outreach for Hunger: Mon./Wed./Fri. 11 am-3pm. Salvation Army: Call for appt. 519-354-1430. Drop-In Centre: Hope Haven. Open Daily 10am-2pm. 519-351-4010. Homeless Response Line: 519-354-6628.		First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					21
					27
					28