

# April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 April Fool's Day</b>	<b>2 Autism Awareness Day – Wear Blue</b>	<b>3</b>
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 Certified Peer Supporters, Jeff or Larissa. Call 519-351-3100 for more information.	10:15 Hanging Easter Planters with Katherine 11:15 Operation: Lighten the Mood with Jeff 12:00 Free Lunch 12:30 Easter Puzzle & Palettes with Larissa 1:00 Walk at Mud Creek with Larissa	 <b>Easter Brunch</b> <b>Andy's Place at 11am</b> <b>\$2 Fee. Registration Required.</b> 	<b>MHNCK CLOSED</b> <b>Good Friday</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10 Secret Garden Theme Day</b>
<b>MHNCK CLOSED</b> <b>Easter Monday</b>	10:15 Woodburning with Natalie 11:15 Blossoming Bookworms  12:00 Free Lunch 12:30 Easter Jeopardy with Larissa 1:00 Men/Women Groups with Jeff & Kat 2:15 Young Minds with Larissa	10:15 Wooden Spoon Flowers with Katherine 11:15 You've Got Talent with Jeff 12:00 Free Lunch <b>12:30 Employment Support</b>  <b>with Goodwill Career Centre</b> 1:00 Walk at Paxton's Bush with Larissa	10:15 Painted Ice Cream Jars with Natalie 11:15 Spring into Nutrition with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl  1:00 Self-Confidence with Jeff	10:15 Forest Fairy Tea Set with Katherine 11:15 Tea Party with Larissa & Kat  12:00 Free Tea Sandwich Lunch 12:30 Secret Garden Film
<b>13</b>	<b>14</b>	<b>15</b>	<b>16 Family Group 6:30-8:30pm with Jeff &amp; Kat</b>	<b>17</b>
10:15 Wire Rain Clouds with Natalie 11:15 Finding Stillness with Jeff  12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Growing in the Rain with Larissa	10:15 Twig Butterflies with Natalie 11:15 Blossoming Bookworms with Larissa 12:00 Free Lunch <b>12:30 Pet Therapy with Dave &amp; Summer</b> 1:00 Men/Women Groups with Bryan & Kat <b>2:15 Young Minds Trip with Larissa</b>	10:15 Wooden Disc Centerpieces with Kat 11:15 You've Got Talent with Jeff 12:00 Free Lunch <b>12:30 Trip to Spring Farmers' Markets. \$2 Fee. Registration Required.</b> 	10:15 Watering Can Hangers with Natalie 11:15 Spring into Nutrition with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl  1:00 Self-Confidence with Jeff	10:15 Cupcake Decorating with Katherine <b>11:00 First Nations Perspectives on Water</b> <b>with Mariah</b>  12:00 Free Lunch <b>12:30 Members' Meeting &amp; Birthday Social</b> <b>1:00 Card-Making with Sharon</b>
<b>20</b>	<b>21</b>	<b>22 Earth Day</b>	<b>23</b>	<b>24 1930's Theme Day – Golden Hollywood</b>
10:15 Pinecone Flowers with Natalie 11:15 Finding Stillness with Jeff  12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Growing in the Rain with Larissa	10:15 Lace Bees with Natalie 11:15 Blossoming Bookworms with Larissa 12:00 Free Lunch 12:30 Earth Month Puzzles & Palettes 1:00 Men/Women Groups with Jeff & Kat 2:15 Young Minds with Larissa	10:15 Earth Marble Paintings with Katherine  11:15 Earth Day Presentation with Jeff  12:00 Free Lunch 12:30 Earth Day Jeopardy with Larissa 1:00 Walk at Paxton's Bush with Larissa	10:15 Fork Owls with Natalie 11:15 Spring into Nutrition with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl  1:00 Self-Confidence with Jeff	10:15 1930's Film Fridge Magnets with Kat 11:15 Travelling in Time  12:00 Free Lunch 12:30 1930's Puzzles & Palettes 1:00 Music of the 1930's with Jeff
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
10:15 Twine Trees with Natalie <b>11:00 Dietary Education Session with Jen</b> 11:15 Finding Stillness with Jeff 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Growing in the Rain with Larissa	10:15 Spring Windows with Natalie 11:15 Blossoming Bookworms  12:00 Free Lunch <b>12:30 Pet Therapy with Dave &amp; Summer</b> 1:00 Men/Women Groups with Bryan & Kat 2:15 Young Minds with Larissa	10:15 Wine Cork Bird Houses with Katherine 11:15 W.R.A.P Study Group with Jeff 12:00 Free Lunch 12:30 BINGO with Jeff 1:00 Walk at Mud Creek with Larissa	10:15 Felt Toadstool Décor with Natalie 11:00 Free Brunch <b>11:30 Trip to Charlotte's Freedom Farm</b>  <b>\$4 Fee. Registration Required.</b>	Check the back side of the calendar for details about programming, as well as community meals and food bank information.

## April 2026 Program Information

<b>Finding Stillness with Jeff</b>	<b>You've Got Talent! with Jeff</b>	<b>W.R.A.P Study Group with Jeff</b>
Learn strategies and practice how to calm the waves of intense emotion, something you often must do first before you are able to begin the work of changing negative thoughts to positive ones.	Come find your inner showstopper, uncover the skills you already possess, and explore the everyday talents you can begin to learn today.	This is a WRAP follow-up group designed to help participants complete their own personal Wellness Recovery Action Plan. WRAP is a self-designed plan for staying well and for helping you to feel better when you are not feeling well.
<b>Men's Group with Jeff/Bryan</b>	<b>Women's Group with Katherine</b>	<b>Family Support Group with Jeff &amp; Katherine</b>
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 <sup>rd</sup> Thursday of the month from 6:30-8:30pm.
<b>Growing in the Rain with Larissa</b>	<b>Book Club with Larissa</b>	<b>Spring into Nutrition with Larissa</b>
Join Larissa this April to explore how like flowers, we can grow from challenging times and emerge as beautiful blossoms.	Join Larissa Tuesday afternoons in April for a relaxing book club where we'll explore and discuss passages from a novel each week.	Join Larissa on Thursday mornings this April as we spring into the new season on a health-focused journey. We'll explore valuable tips for healthy eating and nutrition.
<b>Creative Crafts with Natalie &amp; Katherine</b>	<b>Guest Speaker: First Nations Perspectives on Water with Mariah</b>	<b>Wednesday Walks with Larissa</b>
Join Natalie and Katherine to create fun and beautiful creative projects together. Relax & unwind with various seasonal crafts! No experience needed. Sign up required.	Join us to celebrate Earth Month with a guest speaker from the Lower Thames Conservation Authority. This presentation covers Anishinaabeg cultural beliefs on water, where these beliefs originate, local water issues, and how they impact our community physically and mentally.	Join Larissa on Wednesday afternoons after lunch to enjoy the fresh Spring air. Walks will interchange weekly between Mud Creek and Paxton's Bush.
<b>Young Minds with Larissa</b>	<b>Pet Therapy with Dave &amp; Summer</b>	<b>Haircuts with Cheryl</b>
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 biweekly pet therapy visits. 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: April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		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
					<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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
					<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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
					<b>19</b>
					Emmanuel Baptist Church Hot Dinner 4-6pm
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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
					<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
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	<b>Food Banks: Outreach for Hunger: Mon./Wed./Fri. 11am-3pm. Salvation Army: Call for appt. 519-354-1430.</b> <b>Drop-In Centre: Hope Haven. Open Daily 10am-2pm. 519-351-4010. Homeless Response Line: 519-354-6628.</b>	