


















May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Check the back side of the calendar for details about programming, as well as community meals and food bank information.	May is Mental Awareness Month. Join us for Mental Health Awareness Week from May 4 th -10 th , starting with our annual Flag Raising on Monday, May 4 th .	1
4 Mental Health Awareness Week	5	6	7	8
MHNCK's 15th Annual Flag Raising & BBQ 11am at the Civic Centre <i>*All attendees will be entered into a raffle for a \$10 Dollarama gift card</i> 	10:15 Mini Positivity Signs <i>with Natalie</i> 11:15 Mental Health Management <i>w Katherine</i> 12:00 Free Lunch 12:30 Mental Health Puzzles & Palettes 1:00 Men/Women Groups <i>with Jeff & Kat</i> 2:15 Young Minds <i>with Kate</i>	 10:15 Neurographic Art <i>with Katherine</i> 12:00 Free Lunch 12:30 Mental Health Trivia <i>with Kate</i> 1:00 Mental Health Walk at Paxton's Bush	10:15 Mother's Day Craft <i>with Natalie</i> 11:15 Nourishing Minds <i>w Katherine</i> 12:00 Free Lunch 12:30 Trip to Hat Trick Tulip Farm \$4 Fee. Registration Required. 	10:15 Cupcake Decorating <i>with Kate</i> 11:00 Guest Speaker: Mental Health Services <i>with</i>  12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Mindful Music <i>with Jeff</i>
11	12	13	14	15
10:15 Wooden Owls <i>with Katherine</i> 11:15 Jeopardy <i>with Kate</i> 12:00 Free Lunch 12:30 Thrifting Crawl Free. Registration Required. 	 10:15 Home Sweet Home Signs <i>with Nat</i> 11:15 Mental Health Management <i>w Katherine</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 Kate</i>	 10:15 Macrame Hangers <i>with Katherine</i> 11:15 Social Anxiety <i>with Jeff</i> 12:00 Free Lunch 12:30 Employment Support  <i>with Goodwill Career Centre</i> 1:00 Pitfalls of Pop Psychology <i>with Jeff</i>	10:15 Beaded Plant Stakes <i>with Natalie</i> 11:15 Word Games <i>with Kate</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  1:00 The Anger Antidote <i>with Jeff</i>	10:15 Spoon Flowers <i>with Katherine</i> 11:15 You've Got Talent <i>with Jeff</i> 12:00 Free Lunch 12:30 Family Feud <i>with Katherine</i> 1:00 Card-Making with Sharon
18	19	20	21 Family Group 6:30-8:30pm with Jeff & Kat	22 1940's Day – Swing Theme
MHNCK CLOSED Victoria Day	10:15 Button Flowers <i>with Natalie</i> 11:15 Mental Health Management <i>w Katherine</i> 12:00 Free Lunch 12:30 Mindful Meditation <i>with Kate</i> 1:00 Men/Women Groups <i>with Jeff & Kat</i> 2:15 Young Minds <i>with Kate</i>	MHNCK's Spring Craft Show 12pm-4pm Open to Public Free Entry 	10:15 Lady Bug Décor <i>with Natalie</i> 11:15 Word Games <i>with Kate</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  1:00 The Anger Antidote <i>with Jeff</i>	10:15 Jazz Silhouettes <i>with Katherine</i> 11:15 Travelling in Time 12:00 Free Lunch 12:30 1940's Puzzles & Palettes 1:00 Music of the 1940's <i>with Jeff</i> 
25 Star Wars Day	26	27	28	29 MHNCK's Got Talent
10:15 Star Wars Keychains <i>with Katherine</i> 11:00 Dietary Education Session with Jen 11:15 Star Wars: Behind the Scenes <i>with Jeff</i> 11:45 Free Lunch 12:00 Star Wars IV:  A New Hope Film Screening	10:15 Lemon Soaps <i>with Natalie</i> 11:15 Mindful Movement <i>with Jeff</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 Kate</i>	 10:15 Yarn Lemons <i>with Katherine</i>  11:15 Social Anxiety <i>with Jeff</i> 12:00 Free Lunch 12:30 Spring Pictionary <i>with Katherine</i> 1:00 BINGO <i>with Kate</i>	10:15 Clothes Pin Frogs <i>with Natalie</i> 11:15 Nourishing Minds <i>with Katherine</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  1:00 The Anger Antidote <i>with Jeff</i>	10:15 MHNCK's Got Talent Show 12:00 Free Lunch 12:30 Raffle Draw 1:00 Award Ceremony 

May 2026 Program Information

Pitfalls of Pop Psychology with Jeff	Social Anxiety with Jeff	The Anger Antidote with Jeff
Join us for a discussion of the challenges of popular psychology that could result in misinformation, stereotyping, and the mislabeling of symptoms, and learn how it has also elevated topics associated with mental health and personal wellbeing.	Gain information about social anxiety and its challenges in the modern era and learn strategies for how you can manage your anxiety in social situations.	Whether you get angry or avoid it, learning how to cope with anger is vital to your mental health. Join Jeff and discover the common myths about anger, strategies for coping, and how to discharge it, soothe, and let go.
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.
Mental Health Management with Larissa	Book Club with Larissa	Nutritious Minds with Larissa
Join Larissa this May for Mental Health Awareness month with managing our mental health, by exploring coping strategies, self-care, and more.	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 May to explore the connections between food & mood and learn how to eat nutritiously to feed our minds.
Creative Crafts with Natalie & Katherine	Guest Speaker: Mental Health with Bloom Wellness	Wednesday Walks with Larissa
Join Natalie and Katherine to create fun and beautiful creative projects together. Relax & unwind with various seasonal crafts! No experience needed. Sign up required.	May is Mental Health Awareness Month. Join us for an interactive mental health workshop with Bloom Wellness and learn about their services.	Join Larissa on Wednesday afternoons after lunch to enjoy the fresh Spring air. Walks will interchange weekly between Mud Creek and Paxton's Bush.
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 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.
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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: May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1	2
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: 519-354-6628.				Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
					3
4	5	6	7	8	9
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
					10
11	12	13	14	15	16
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
					17
18	19	20	21	22	23
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
					24
					Emmanuel Baptist Church Hot Dinner 4-6pm
25	26	27	28	29	30
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
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