















July 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
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 Katherine. Call 519-351-3100 for more information.	CANADA DAY!  CLOSED TODAY!	10:15 Driftwood and Shellfish <i>with Nat</i> 11:15 Balanced Bites & Bodies <i>w Katherine</i> 12:00 Free Lunch 12:15 Fishing Derby at Wilson's! 	10:15 Brain Games <i>with Kate</i> 11:15 Backyard Social! 12:00 Ribfest at Hope House!  12:30 Trip To Wal-Mart. Registration Required
6	7	8	9	10
Beach Day! 10am-2pm Join us for a day of fun at Brander Park! Activities and lunch included!  \$2 registration fee	10:15 Paper & Watercolour Lobster <i>with Natalie</i> 11:15 Awakening Your Joyful Side <i>w Katherine</i> 12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups <i>with Jeff & Kat</i>	10:15 Macrame Watermelons <i>w Katherine</i> 11:15 History VS. Hollywood <i>with Kate</i> 12:00 Free Lunch 12:30 Pictionary <i>with Kate</i> 1:00 Art Under the Sky <i>with Jeff</i>	10:15 Pipe Cleaner Jellyfish <i>with Natalie</i> 11:15 Balanced Bites & Bodies <i>w Katherine</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  12:30-2:00 Self & Identity Collage <i>with Jeff</i>	10:15 Woodburning Bookmarks <i>with Kate</i> 11:15 Brain Games <i>with Kate</i> 12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Mindful Music <i>with Jeff</i>
13	14	15	16	17 National Ice Cream Day!
10:15 Seed Package Ornament <i>with Natalie</i> 11:15 Memorial Garden Suncatchers <i>with Kate</i> 12:00 Free Lunch  12:30 Lens Mills Store Free. Registration Required.	10:15 Wooden Smores <i>with Nat</i> 11:15 Awakening Your Joyful Side <i>w Katherine</i> 12:00 Free Lunch 12:30 Paint by Number Canvases 1:00 Men/Women Groups <i>with Bryan & Kat</i>	10:15 Beach Boardwalk <i>with Katherine</i> 11:15 History VS. Hollywood <i>with Kate</i> 12:00 Free Lunch 12:30 Musical Minutes <i>with Kate</i> 1:00 Art Under the Sky <i>with Jeff</i>	Blenheim Cherry Fest! 10am-2pm Join us for a fun day of activities! Lunch will be provided \$2 registration fee 	10:15 Ice Cream Social 11:15 Brain Games <i>with Kate</i> 12:00 Free Lunch 12:30 Ice Cream Creations <i>with Katherine</i> 1:00 Card-Making with Sharon
20	21	22	23	24 National Self Care Day!
10:15 Felt Tigerlilly Flower <i>with Natalie</i> 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 12:30 Musical Minutes <i>with Kate</i> 1:00 Bingo! <i>with Katherine</i>	10:15 Patchwork Cherries <i>with Natalie</i> 11:15 Awakening Your Joyful Side <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>	10:15 Paint Wood Flowers <i>with Katherine</i> 11:15 History VS. Hollywood <i>with Kate</i> 12:00 Free Lunch 12:30 Musical Minutes <i>with Kate</i> 1:00 Art Under the Sky <i>with Katherine</i>	10:15 Tie Dye! with Natalie & Katherine 11:15 Balanced Bites & Bodies <i>w Katherine</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Chair Zumba! With Amy 	10:15 Flower Headbands <i>with Katherine</i>  11:15 Spa Day! 12:00 Free Lunch 12:30 Spa Day! 1:00 Meditation and Paint! <i>With Kate</i>
27 Shark Week!	28	29	30	31 1960's Theme Day!
10:15 Sea Creature Mosaics <i>with Kate</i> 11:15 Shark Week Trivia <i>with Jeff</i> 12:00 Free Lunch 12:15 Haircuts <i>with Cheryl</i>  12:30 Jaws Movie and popcorn!	10:15 Honouring Disability Pride Month w Jeff 11:15 Awakening Your Joyful Side <i>w Katherine</i> 12:00 Free Lunch 12:30 Pride Themed Puzzles & Palettes 1:00 Men/Women Groups <i>with Jeff & Kat</i>	Seacliff Beach Day! 930am-2pm Join us for a day of fun at! Activities and lunch included!  \$2 registration fee	10:15 Card Tournament with Mark 11:15 Balanced Bites & Bodies <i>w Katherine</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i>  12:30-2:00 Self & Identity Collage <i>with Jeff</i>	10:15 Loop Flowers <i>with Katherine</i> 11:15 Back in Time! History of the 60's  12:00 Free Lunch 12:30 Mindful Movement <i>with Jeff</i> 1:00 Groovy Music of the 60's

July 2026 Program Information

Fishing Derby at Wilson's!	History vs. Hollywood with Kate	Self & Identity Collage with Jeff
Join us for free fishing week while we cast our reels at Wilson's Conservation Area! Prize for biggest fish!	Join us to compare the similarities between Hollywood films and real life historical events!	Explore the story of your life's journey and illustrate your personality by creating a self and identity mixed media collage. All materials needed are provided. Virtual option offered.
Men's Group with Jeff/Bryan	Women's Group with Katherine	Awakening Your Joyful Side w 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.	Reconnect with what makes you feel alive by following the small sparks of delight, letting yourself play, be curious and create without judgement. Focus on doing things for the feeling they bring, not the outcome they produce, and joy naturally begins to rise.
Brain Games with Kate	Card Tournament with Mark	National Self Care Day!
Join us for puzzle style games that help maintain healthy brain function.	Test your skills with a morning of cards! Prize for 1 st place. Please register. Free to enter	Get pampered for the day with Spa stations throughout the day.
Creative Crafts with Natalie & Katherine	Balanced Bites and Bodies with Katherine	Beach Days
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 Katherine to work towards achieving balance with your health and body. Discussions will cover topics such as body image, fitness, and tips for healthy eating.	Explore with us while we take a trip to Brander Park and Seacliff Park. Please see a staff member to register. \$2 fee to attend. Lunch included.
Art Under The Sky	Pet Therapy with Dave & Summer	Haircuts with Cheryl
Join us as we take to the outdoors and explore the art of drawing with nature as our inspiration.	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: July

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	Blessed Sacrament Church Bagged Meal 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
		St. Ursula Church Dine In/Out 4:30pm			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	Blessed Sacrament Church Bagged Meal 11am-12pm	Spirit and Life Centre Bagged Meal 11am	First Presbyterian Church Eat-in Breakfast 9:30am-11:00am
		St. Ursula Church Dine In/Out 4:30pm			31