



August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 National Root Beer Float Day!	7
CIVIC HOLIDAY! HOPE HOUSE WILL BE CLOSED	10:15 Pipe Cleaners Flowers <i>with Kate</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 Brian & Kat</i>	10:15 Mission: Scavenger Hunt <i>with Kate</i> 11:00 Wooden Flower Signs <i>with Katherine</i> 12:00 Free Lunch 12:30 Whispers and Whims Journaling <i>w Kat</i> 1:00 Summer Self-Care <i>with Katherine</i>	10:15 Root Beer Float Craft <i>with Natalie</i> 11:15 Balanced Bites & Bodies <i>w Katherine</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Make Your Own Root Beer Float! 1:00 Backyard Social 	10:15 Wooden Butterflies <i>with Katherine</i> 11:00 Family Feud! <i>With Kate</i> 11:45 Free Lunch 12:15 Trip to Turns and Tales! Registration Required 
10	11	12	13	14
10:15 Wooden Spoon Bugs <i>with Natalie</i> 11:00 Trip to Walmart. Registration Required 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 12:30 Would You Rather? <i>With Mark</i> 1:00 Brain Games! <i>With Kate</i>	10:15 Disco Dolphins <i>with Natalie</i> 11:00 Self & Identity Collage Cont. <i>with Jeff</i> 12:00 Free Lunch 12:30 Forbidden Word Game! <i>With Kate</i> 1:00 Men/Women Groups <i>with Jeff & Kate</i>	Beach Day! 9:30am-2pm Join us for a day trip to Rondeau Park. Visitor Center, Trails and Swimming! \$2 fee.  Registration required!	10:15 Multi-Media Sailboat <i>with Natalie</i> 11:00 Assertiveness Training <i>with Jeff</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 12:30 Puzzles and Pallets 1:00 The Sketching Pencil <i>with Jeff</i>	10:15 Wine Cork Ornaments <i>with Kate</i> 11:00 Members' Meeting & Birthday Social 11:45 Free Lunch 12:00 Movie Time! New Movie "Michael" 
17 CK PRIDE WEEK!	18	19	20	21 1970's Theme Day!
10:15 Pride Badges <i>with Nat</i> 11:00 Dietary Education Session with Jen 12:00 CK Pride Week Flag Raising 12:30 Haircuts <i>with Cheryl</i> 1:00 Pride Bingo! <i>with Kate</i> 	10:15 Be Kind Banner <i>with Nat</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 Brian & Kat</i>	10:15 Mission: Scavenger Hunt <i>with Kate</i> 11:00 Assertiveness Training <i>with Jeff</i> 12:00 Free Lunch 12:30 Pictionary <i>with Kate</i> 1:00 Rainbow Wreath <i>with Katherine</i> 	10:15 Pride Flag Making <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 Pride Theme Colour by Number 1:00 The Sketching Pencil <i>with Jeff</i>	10:15 Groovy Wooden Hangers <i>with Katherine</i> 11:15 Name that 70's Tune <i>with Jeff</i> 12:00 Free Lunch 12:30 70's Nostalgia! <i>With Kate</i> 1:00 Memorial Garden Rocks <i>with Kate</i> 
24	25	26	27	28
10:15 Sharpie Splash <i>with Katherine</i> 11:00 Finding Meaning and Purpose <i>with Jeff</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 12:30 Summer Forbidden Words Game <i>w Kat</i> 1:00 Brain Games! <i>With Kate</i>	10:15 Finger Surf Boards <i>with Kate</i> 11:15 Awakening Your Joyful Side <i>w Katherine</i> 12:00 Free Lunch 12:30 Musical Minutes <i>with Kate</i> 1:00 Men/Women Groups <i>with Jeff & Kat</i>	10:15 Mission: Scavenger Hunt <i>with Kate</i> 11:00 Assertiveness Training <i>with Jeff</i> 12:00 Free Lunch 12:30 Whispers and Whims Journaling <i>w Kat</i> 1:00 Lava Lamp Magic <i>with Katherine</i>	 End of Summer Carnival 11am-3pm Join us for a fun day of carnival surprises to wrap up the summer! 	10:15 Boba Tea Keychains <i>with Katherine</i> 11:15 Guided Relaxation <i>with Jeff</i> 12:00 Free Lunch 12:30 Trip to Riverside Ice Cream! Registration required \$1 fee
31 International Overdose Awareness Day				
10:15 Purple Butterflies <i>with Natalie</i>  11:00 Finding Meaning and Purpose <i>with Jeff</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 12:30 Spotting the Signs of an Overdose w Allie 1:00 Brain Games! <i>With Kate</i>	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.	Check the back side of the calendar for details about programming, as well as community meals and food bank information.	71 Raleigh St. Chatham, ON N7M 2M9 519.351.3100 www.mhnc.com

August 2026 Program Information

Assertiveness Training With Jeff	The Sketching Pencil with Jeff	Self & Identity Collage with Jeff
Learn what is assertiveness, what your rights are, and strategies for speaking-up and standing-up for yourself.	Join us as we take to the sketching pad with pencil and explore the art of drawing using reference photos and nature as our inspiration. Beginner friendly, art supplies provided.	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	CK PRIDE WEEK!	Whispers and Whims with Katherine
Join us for puzzle style games that help maintain healthy brain function.	Join us for themed activities throughout the week, along with a community flag raising to celebrate our 2SLGBTQI+ community.	Release your thoughts with some quiet journaling time. Katherine will teach different techniques throughout the group.
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 Rondeau Park to visit the visitor center for a craft, and to explore trails and beaches. Please see a staff member to register. \$2 fee to attend. Lunch included.
End of Summer Carnival	Pet Therapy with Dave & Summer	Haircuts with Cheryl
Join us for a day of fun! Enjoy cotton candy, snow cones, games, and much more in store! This event will be held outside.	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: August

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
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
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					31