



September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Some programs will be offered virtually. The following symbol will indicate virtual groups. Please contact Jeff at jeff@mhnc.com to register.	10:15 Mini Felt Mushrooms <i>with Natalie</i> 11:00 Trip to Walmart! Registration Required 12:00 Free Lunch 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups <i>with Jeff & Kat</i>	10:15 Confetti Shaker Bookmarks <i>with Katherine</i> 11:00 Hope House Time Capsule <i>with Jeff</i> 12:00 Free Lunch 12:30 Whispers and Whims Journalling <i>with Kat</i> 1:00 Bingo! with Jeff	Dinner and a Movie! The Optimist Club will be serving us dinner on the patio! Movie to follow. Please register! 5pm-8pm 	10:15 Bandana Flowers <i>with Katherine</i> 11:00 Fall Walk to Paxton's Bush! 12:00 Free Lunch 12:30 Sit & Stretch <i>with Jeff</i> 1:00 Trip to Value Village! Registration Required ValueVillage
7	8 National Star Trek Day!	9	10	11
LABOUR DAY! HOPE HOUSE WILL BE CLOSED!	10:15 The Final Frontier Painting <i>w Natalie</i>  11:15 Star Trek: Ahead of It's Time <i>w Jeff</i> 12:00 Free Lunch 12:30 Star Trek Gives You Focus <i>w Katherine</i> 1:00 Men/Women Groups <i>with Jeff & Kat</i>	10:15 Painted Clay Leaf Hanging <i>with Natalie</i> 11:00 Hope House Time Capsule <i>with Katherine</i> 12:00 Free Lunch 12:30 Indoor Swim! Blenheim Pool. \$3 fee. Registration Required! 	10:15 Paper Sunflowers <i>with Natalie</i> 11:00 Sleep Solutions <i>with Jeff</i>  12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Balanced Bites and Bodies <i>with Katherine</i>	10:15 Friendship Pins <i>with Katherine</i> 11:00 Fall Walk to Mud Creek! 12:00 Free Lunch 12:30 Trip to Thompsons Orchards! Registration required 
14	15	16 National Playdoh Day!	17	18
Day Trip to Ska-Nah-Doht Museum Join us for the day to explore Indigenous History and Culture. Make your own Pottery! 9:15am-2pm  Registration Required. \$3 fee.	10:15 Crow & Moon Décor <i>with Nat</i> 11:15 Healing Through Creativity <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 Play-Doh- A Creative Legacy <i>w Kat</i> 11:00 Hope House Time Capsule <i>with Jeff</i> 12:00 Free Lunch 12:30 Whispers and Whims Journalling <i>with Kat</i> 1:00 DIY Playdoh! Celebrate National Playdoh Day with Katherine	Duc d' Orléans Boat Cruise! Enjoy a bus trip to a riverfront cruise in Sarnia! Lunch provided. \$5 registration. 9:45am-2:30pm  Duc d' Orléans II Cruise Boat	10:15 Retro Sticker Collage Art <i>with Katherine</i> 11:00 Members' Meeting & Birthday Social 12:00 Free Lunch 12:30 80's Nostalgic Board Games 1:00 Karaoke Corner <i>with Jeff</i>
21	22	23 1980's Theme Day!	24	25
10:15 Button Pumpkin <i>with Natalie</i> 10:15 Crochet Corner <i>with Cathy</i> 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Decoding Depression <i>with Jeff</i> 	10:15 Tin Can Scarecrow <i>with Natalie</i> 11:00 Healing Through Creativity <i>w Kat</i> 12:00 Free Lunch 12:30 Diamond Art DIY 1:00 Men/Women Groups <i>with Jeff & Kat</i>	10:15 Shrinky Dink Art Craze <i>with Katherine</i> 11:00 80's Movie Trivia <i>with Jeff</i> 12:00 Free Lunch 12:00 Movie and Popcorn! Back to The Future 	10:15 Twine and Paper Acorn <i>with Natalie</i> 11:15 Melody & Meaning <i>with Jeff</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Minute To Win it! <i>With Jeff</i>	10:15 Comic Book Decoupage Stickers <i>w Kat</i> 11:00 Fall Walk to Kingston Park Trail! 12:00 Free Lunch 12:15 Trip to Wallaceburg Museum! \$2 fee. Registration Required 
28	29 ORANGE SHIRT DAY!	30		
10:15 Dot Art Feathers <i>with Natalie</i> 10:15 Crochet Corner <i>with Cathy</i> 11:00 Hope House Time Capsule <i>with Jeff</i> 12:00 Free Lunch 12:30 Haircuts <i>with Cheryl</i> 1:00 Decoding Depression <i>with Jeff</i>	10:15 Orange Shirt Day Craft <i>with Natalie</i> 11:15 Digital Photography <i>with Jeff</i> 12:00 Free Lunch 12:30 DIY Diamond Art 1:00 Finding Your Chi-Balance <i>with Katherine</i>	TRUTH AND RECONCILIATION DAY HOPE HOUSE WILL BE CLOSED! 	Peer support is available daily with Certified Peer Supporters, Jeff or Katherine. Call 519-351-3100 for more information. 71 Raleigh St. Chatham, ON N7M 2M9 519.351.3100 www.mhnc.com	Check the back side of the calendar for details about programming, as well as community meals and food bank information.

September 2026 Program Information

Sleep Solutions With Jeff	Melody and Meaning with Jeff	Star Trek Day!
Learn about the common causes of sleep disturbances and gain strategies for better sleep. Virtual option available.	Discovery the meaning behind the lyrics of popular music and share your favorite songs and how they connect to your memories and emotions.	Learn about how the groundbreaking franchise was ahead of its time on issues such as prejudice, gender equality, gender identity, mental health, and multiculturalism.
Men’s Group with Jeff	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.
Hope House Time Capsule	Duc D Orleans Boat Cruise	Whispers and Whims with Katherine
Open your time capsule from last year to see how much has changed in a year’s time and create a time capsule for next year.	Join us for a bus trip to Sarnia to enjoy a river front cruise. Lunch will be provided. Please register. \$5 fee to attend.	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	Decoding Depression with Jeff
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.	Learn to recognize depression, understand it’s many root causes, and gain knowledge of strategies to cope with it.
Ska-Nah-Doht Museum	Pet Therapy with Dave & Summer	Haircuts with Cheryl
Join us for a day drip to Mount Brydges to enjoy the cultural history of the Ska-Nah-Doht Museum. Make your own pottery while we are there! Lunch included. \$3 fee to register.	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: September

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
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					31