The Mental Health Network of Chatham-Kent
Hope House

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5 Wizard of OZ Day!**	**6**
10:15 Woodland Deer *with Natalie* 10:15 Crochet Corner *with Cathy* 11:00 November Reset *with Katherine* 12:00 Free Lunch 12:30 Whisper and Whims Journaling *with Kat* 1:00 Flow in Action *with Jeff*	10:15 Winter Mitten Hanger *with Natalie* 11:00 Healing Through Colour w*ith Katherine* 12:00 Free Lunch 12:30 Musical Minutes *with Jeff* 1:00 Men/Women Groups *with Jeff & Kat*	10:15 Shrinky Dink Art *with Katherine* 11:00 Checking in With Yourself *with Jeff* 12:00 Free Lunch **12:30-2:30 Indoor Swim at Blenheim Pool!** **$2 Fee. Registration Required** 	10:15 Wizard of OZ Ornaments *with Natalie* 11:15 Shared Space Safety & Civility *with Jeff* 12:00 Free Lunch 12:30 Finding your Chi-Balance *with Katherine*  **12:30-2:00 Saying Goodbye to Jeff**	10:15 Pinecone Hedgehogs *with Katherine* 11:00 Teaching Kitchen *with Allie* 12:00 Free Lunch  **12:30 Movie and Popcorn!**
9 World Kindness Week!	**10**	**11**	**12**	**13**
10:15 Kindness Craft *with Natalie* 10:15 Crochet Corner *with Cathy* 11:15 Why Kindness? *with Katherine* 12:00 Free Lunch 12:30 Whisper and Whims Journaling *with Kat* 1:00 Bingo! w*ith Allie*	10:15 Midnight Forest Theme *with Natalie* 11:00 Healing Through Colour w*ith Katherine* 12:00 Free Lunch **12:15 Mens & Womens Group Trip to Turns and Tales! Registration Required**	**REMEMBERANCE DAY!** **HOPE HOUSE WILL BE CLOSED** 	10:15 Cup of Snowman Decor *with Natalie* 11:15 Pictionary *with Natalie* 12:00 Free Lunch 12:30 Chicken Soup for the Soul w*ith Katherine* 1:00 Holiday Diamond Art	**STAFF DEVELOPMENT DAY** **HOPE HOUSE WILL BE CLOSED**
16	**17**	**18**	**19**	**20 Y2K 2000's Theme Day**
10:15 Gingerbread Cookie Sign *with Natalie* 10:15 Crochet Corner *with Cathy* **11:00 Dietary Education Session *with Jen*** 12:00 Free Lunch 12:30 Whisper and Whims Journaling *with Kat* 1:00 Holiday Baking *with Allie*	10:15 Cork Angels *with Nat* 11:00 Healing Through Colour w *Katherine* 12:00 Free Lunch 12:30 Scattegories Game *with Katherine* 1:00 Men/Women Groups *with Bryan & Kat*	10:15 Gingerbread Houses *with Katherine* 11:00 Teaching Kitchen w*ith Allie* 12:00 Free Lunch 12:30 Whispers and Whims Journalling *with Kat* 1:00 Family Feud! *With Avery*	**PIZZA & PJ'S PAINT NIGHT!** Step by Step Paint Tutorial with Natalie! $2 fee. Registration Required. 4-7PM 	10:15 Slap & Pop Tab Bracelets *with Katherine* 11:00 2000's Trivia *with Avery* 12:00 Free Lunch 12:30 Name that 2000's Tune! 1:00 Minute to Win It! *With Avery* 
23	**24**	**25**	**26**	**27**
10:15 Wood Present Ornament *with Natalie* 10:15 Crochet Corner *with Cathy* 11:00 Holiday Diamond Art *with Avery* 12:00 Free Lunch 12:30 Whisper and Whims Journaling *with Kat* 1:00 Headbandz Game *with Avery*	10:15 Snowman Spoons *with Avery* 11:00 Healing Through Colour w*ith Katherine* 12:00 Free Lunch **12:30 Pet Therapy *with Dave & Summer*** 1:00 Men/Women Groups *with Bryan & Kat* **2:30-3:30 Free2BeMe!** *With Avery*	10:15 Jean Pocket Ornaments *with Katherine* 11:15 Bingo! *with Avery* 12:00 Free Lunch 12:30 Whispers and Whims Journalling *w Kat* 1:00 Crafty Corner *with Avery*	10:15 Christmas Bells Ornaments *with Katherine* 11:00 Teaching Kitchen w*ith Allie* 12:00 Free Lunch 12:30 Finding your Chi-Balance *with Katherine* **HOPE HOUSE WILL BE CLOSING AT 1:00 TO PREP FOR CRAFT SHOW**	10:15 Crafty Corner *with Avery* **11:00 Members' Meeting & Birthday Social** 12:00 Free Lunch 12:15 Cupcake Decorating **1:00 Decorate the Christmas Trees!** 
30				
MHNCK's Annual Christmas Vendor Show! **12pm-3pm at Hope House!** 	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.mhnck.com**		

November 2026 Program Information

Flow in Action with Jeff	Saying Goodbye to Jeff	PIZZA & PJ'S PAINT NIGHT!
Flow is a mental state of total immersion and focused concentration in an activity, often described casually as being "in the zone." Join Jeff and explore various ways to get into the zone and discuss its mental health benefits.	Join us while we say goodbye to our dear friend, Jeff. Drop in to say your goodbyes and well wishes as he moves on to something new!	Grab your best pj's and join us for a fun night of step by step instructions on painting a holiday themed portrait with Natalie!
Men's Group With Bryan	**Women's Group with Katherine**	**Christmas Vendor Show**
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.	Check out our talented vendors while they display their unique creations! Open to the public.
Indoor Swim at Blenheim Pool!	**Checking in With Yourself with Jeff**	**Whispers and Whims with Katherine**
Grab your swimming trunks and join us for an indoor swim at the Blenheim Pool! $2 fee. Registration required.	Explore ways to check in with yourself, which is the practice of pausing to tune into your emotional state, thoughts, and physical sensations. It acts as an early detection system, allowing you to catch stress, burnout, or emotional distress before they become overwhelming.	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**	**Shared Space Safety and Civility 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.	Join us for a discussion on how to maintain Hope House as a safe and inclusive shared space for everyone. Learn the healthy alternatives to gossip, assumptions, and avoiding direct discussions by modeling understanding, empathy, and respect.
Teaching Kitchen With Allie	**Pet Therapy with Dave & Summer**	**Free2BeMe! With Avery**
Join us for a guided lesson on how to cook a healthy and nutritious meal. Sign up required.	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!	A welcoming friendship group designed to support youth from ages 16-25 who live with a mental illness. Join us each week for fellowship and fun!

71 Raleigh St.
Chatham, ON N7M 2M9
Phone 519-351-3100
Fax 519-351-3400
www.mhnck.com
Monday-Friday

The Mental Health Network of Chatham-Kent



"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"

Chatham Community Meals: November

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**
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					24
					Emmanuel Baptist Church Hot Dinner 4-6pm
25	**26**	**27**	**28**	**29**	**30**
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