

MENTAL HEALTH CONNECTIONS – June 2017 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca</p>			<p>1 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Beginner Ceramics 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Walmart 1:00 – 3:00 – Art</p>	<p>2 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p> <p align="center">Please Note: Aquafit is cancelled today only</p>
<p>5 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 11:30 – 12:30 – Personal Growth – The Impact of Anger (Defining Positive & Negative) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Budgeting 101 (1/4) 1:00 – 3:00 – Advanced Ceramics 1:00 – 3:00 – Basic Sewing Machine 101</p>	<p>6 9:00 – 10:00 – Circuit Training (Peer) 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 10:45 – Zumba 11:00 – 11:30 – Basic Social Skills 10:45 – 11:45 – Yoga 12:00 – 12:30 – Computer Assistance 12:30 – 3:30 – Wellness Recovery (WRAP) (6/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men's Group – Discussion 12:00 – 2:00 – Women's Group – Discussion 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p>8 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Beginner Ceramics 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to the River 1:00 – 3:00 – Art</p>	<p>9 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Joseph's Produce/MR Meat 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>12 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:30 – Games/Activities 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – The Impact of Anger (Symptoms and Causes) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Budgeting 101 (2/4) 1:00 – 3:00 – Advanced Ceramics 1:00 – 3:00 – Basic Sewing Machine 101</p>	<p>13 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Ceramics 9:30 – 10:45 – Zumba 10:30 – 1:00 – Games & BBQ at Wigle Park 11:00 – 11:30 – Basic Life Skills 10:45 – 11:45 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (7/8) (Bill) 1:00 – 3:00 – Cooking 101 1:00 – 3:30 – Trip to the Food Bank (Sign Up with Lorna Starts June 8)</p>	<p>14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:30 – Games/Activities 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Pictionary 12:45 – 3:30 – Aikido</p> <p align="center">7:00 – 9:30 – Family Support Meeting</p>	<p>15 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Beginner Ceramics 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Art</p>	<p>16 9:00 – 3:30 – Games and Activities</p> <p align="center">9:30 – 3:30 – Greenview Aviaries Please Sign Up with Lorna Cost: \$5.00 Lunch Included Check in with April by 9:15 a.m. Bus leaves at 9:30 a.m.</p>
<p>19 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:00 – 11:00 – Yoga 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – The Impact of Anger (Anger Cycle) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Budgeting 101 (3/4) 1:00 – 3:00 – Advanced Ceramics 1:00 – 3:00 – Basic Sewing Machine 101</p>	<p>20 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 10:45 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Social Skills 11:00 – 11:30 – Chair Exercises 10:45 – 11:45 – Yoga 12:00 – 12:30 – Computer Assistance 12:30 – 3:30 – Wellness Recovery (WRAP) (8/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>21 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:00 – 11:00 – Yoga 12:00 – 2:00 – Men's Group – Luncheon 12:00 – 2:00 – Women's Group – Luncheon 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p>22 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Beginner Ceramics 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:30 – Trip the Food Bank (Sign Up with Lorna Starting June 12) 1:00 – 3:00 – Art</p>	<p>23 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:00 – 11:00 – Yoga 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group – Jackson Park</p>
<p>26 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – The Impact of Anger (Triggers) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Budgeting 101 (4/4) 1:00 – 3:00 – Advanced Ceramics 1:00 – 3:00 – Trip to Ojibway (Please sign up with Angie – Space Limited)</p>	<p>27 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Ceramics 10:00 – 10:45 – Zumba 10:30 – 1:00 – Games & BBQ at Wigle Park 11:00 – 11:30 – Basic Life Skills 10:45 – 11:45 – Yoga 1:00 – 3:00 – Cooking for Kitchen Staff 1:00 – 3:00 – Outlet Mall</p>	<p>28 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Wii Fit 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p>29 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Beginner Ceramics 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Chimczuk Museum 1:00 – 3:00 – Art</p>	<p>30 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Guest Speaker (Learning Disability Association) 1:00 – 3:00 – Canada Birthday Celebration</p>

Mental Health Connections - June 2017 Leamington Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca			1 1:00 – 3:00 Chair Exercises Mental Aerobics Navigating Relationships Part Two	2
5	6 1:00 – 3:00 Art – Sketching Yoga	7	8 1:00 – 3:00 Chair Exercises Mental Aerobics Nurturing Relationships Part One	9
12	13 1:00 – 3:00 Writing Group Yoga	14	15 1:00 – 3:00 Grocery Shopping Meet at the Princess Building	16
19	20 1:00 – 3:00 Art – Sketching Yoga	21	22 1:00 – 3:00 Chair Exercises Mental Aerobics Nurturing Relationships Part Two	23
26	27 1:00 – 3:00 Writing Group Yoga	28	29 1:00 – 3:00 Chair Exercises Mental Aerobics Communication Part One	30

Chair Exercise – Beginner fitness using soup cans and sitting in a chair. Great full body workout you can also do at home!

Relationships – 8 week workshop on relationships – having healthy relationships with family, friends and partners

Mental Aerobics – Variety of word searches, Sudoku, crosswords, to get your mind moving

Art – Learn techniques to draw and sketch

Writing Group – Use your creativity to create poems and short stories

Mental Health Connections Program Highlights

**Trip to
Greenview Aviaries
Friday, June 16, 2017**

**FAMILY
SUPPORT &
EDUCATION**
Group or
individual sessions
available.

**BUDGETING
CLASS.** Learn
how to budget your
money.

Join the
**COOKING
CLASS**
And learn new
techniques and
cooking on a budget.

Try your hand
at **CERAMICS**.
This can help with
relaxation and fine
motor skills and the
satisfaction of a
completed product.

**HEALTHY MIND
AND BODY** teaches
you strategies to cope
with stress both
emotionally and
physically.

Provide feedback
on the program?
Attend the
**MONTHLY
CONSUMER
MEETINGS.**

Have you
thought about
learning how to use
COMPUTERS?
Classes are offered for
basic computer, Word,
email and internet.

Attend the
4 Week **SELF
ESTEEM
GROUP** to
enhance the value of
your life.

**MEN'S &
WOMEN'S
GROUPS** meet every
Wednesday where
various activities are
offered including a

**WOULD YOU
LIKE TO LEAD A
HEALTHY LIFESTYLE?**

RELAXATION
Aikido
Yoga

**PHYSICAL
FITNESS**
Equipment Workout
Aqua Fit Open Gym
Aerobics Bowling
Zumba

NUTRITION
Learn the basics of
healthy eating and
weight
management

Interested in
paid employment?
Find out about the
**VOCATIONAL
PROGRAM.**

Learn about your illness,
triggers and boundaries.
The **WELLNESS
RECOVERY ACTION
PLAN (WRAP)** class is
offered on Tuesdays and
when completed, a support
group is available.

Are you
interested in
**PERSONAL
GROWTH?** 4 week
classes on various
topics are offered on
Mondays.

Join the
**WRITING
GROUP** on
Fridays and express
your creativity.

Have you ever
wanted to sketch or
learn artwork but didn't
know how? Join the
ART GROUP on
Thursdays and let your
talent develop.

Have you
thought of learning to
**PLAY A MUSICAL
INSTRUMENT OR
TO LEARN HOW TO
SING?** A professional
music teacher is available
on Mondays.