

MENTAL HEALTH CONNECTIONS – September 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 align="center">Suicide Prevention Week September 10 – 16, 2017</p>		<p>1 3:00 – 9:30 – Mental Aerobics 3:00 – 11:30 – Ceramics 3:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00 – 3:00 – MR Meat/Joseph's Market 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p align="center">Closed for Labour Day</p>	<p>4 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 10:45 – 11:45 – Yoga 11:00 – 11:30 – Chair Exercises 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 3:00 – Trip to the River 1:00 – 3:00 – Cooking 101 Sign Up with Steve – Seating Limited</p>	<p>5 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Games/Activities 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men's Group – Charades 12:00 – 2:00 – Women's Group – Charades 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>6 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/4) (Product Knowledge) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body (Effects of Stress on Mind & Body) 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (1/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Walmart 1:00 – 3:00 – Art</p>	<p>7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:30 – Equipment Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>11 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 10:00 – 11:00 – Suicide Prevention Webinar (Boardroom) 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Organizational Skills (Cause of Disorganization) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (1/3) (Stress Management) 1:00 – 3:00 – Advanced Ceramic Lessons 1:00 – 3:00 – Basic Sewing Machine 101</p>	<p>12 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:45 – 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 – Basic Computer Knowledge 12:00 – 1:00 – Suicide Prevention Webinar (Kitchen Area) 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>13 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 10:00 – 11:00 – Suicide Prevention Webinar (Boardroom) 12:00 – 2:00 – Men's Group – Movie 12:00 – 2:00 – Women's Group – Discussion 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 7:00 – 9:30 – Family Support Meeting</p>	<p>14 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/4) (Greenware Cleaning) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body (Managing Stress & Negativity) 11:00 – 11:30 – Chair Exercises (Steve) 11:00 – 11:45 – Wellness Program (2/4) 11:00 – 12:00 – Yoga 1:00 – 2:00 – Suicide Prevention Webinar (Second Floor Activity Area) 1:00 – 3:00 – Chimczuk Museum 1:00 – 3:00 – Art</p>	<p>15 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 10:00 – 11:00 – Suicide Prevention Webinar (Boardroom) 1:00 – 3:00 – Outlet Mall 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>18 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 – Organizational Skills (How to Prioritize) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (2/3) (Self-Care) 1:00 – 3:00 – Ceramic Lessons (1/4) (Product Knowledge) 1:00 – 3:00 – Basic Sewing Machine 101</p>	<p>19 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 10:00 – 10:45 – Zumba 10:30 – 1:00 – Games & BBQ at Wigle Park (Myles/Steve) (Weather Permitting – Last of the Season) 11:00 – 11:30 – Basic Life Skills 10:45 – 11:45 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (4/8) 1:00 – 3:00 – Cooking for Kitchen Staff 1:00 – 3:30 – Trip to the Food Bank (Sign Up with Lorna Starts Sept 13)</p>	<p>20 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 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Pictionary 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>21 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/4) (How to Use Glaze) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body (Eating to Relieve Stress – Pros & Cons) 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (3/4) 11:00 – 12:00 – Yoga 12:00 – 1:00 – Guest Speaker (Financial Fitness) 1:00 – 3:30 – Trip to the Food Bank (Sign Up with Lorna Starting Sept 18) 1:00 – 3:00 – Art</p>	<p>22 3:00 – 9:30 – Mental Aerobics 3:00 – 11:30 – Ceramics 3:30 – 11:00 – Basic Workout 3:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00 – 3:00 – Birthday Bingo 10 – 3:00 – Writing Group</p>
<p>25 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 – Organizational Skills (Benefits of Being Organized) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (3/3) (Bullet Journaling/Toolbox) 1:00 – 3:00 – Ceramic Lessons (2/4) (Greenware Cleaning) 1:00 – 3:00 – Trip to Ojibway (Please sign up with Angie – limited space)</p>	<p>26 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 – Chair Exercises 11:00 – 11:30 – Basic Social Skills 10:45 – 11:45 – Yoga 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>27 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 – Men's Group – Games 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p>28 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/4) (How to Use Glaze) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body (Creating Positive Change) 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (4/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art</p>	<p>29 3:00 – 3:00 – Games/Activities Apple Picking at Thiessen's Apple Orchard Please see Lorna to Sign Up Cost: \$5.00 Sign in with April at 9:15 am Bus leaves at 9:30 am</p>

Mental Health Connections Program Highlights

Apple Picking
Thiessen's Orchard
Sept. 29, 2017

9:30 a.m. – 3:30 p.m.

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.

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Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca		Suicide Prevention Week Sept. 10 – 16, 2017		1
4	5 1:00 – 3:00 Writing Group Yoga	6	7 1:00 – 3:00 Circuit Training Nutrition – Effects of Fast Food on Body and Brain	8
11	12 1:00 – 3:00 Art – Sketching Yoga	13	14 1:00 – 3:00 Chair Exercises/Stretching Healthy Mind, Healthy Body – Creating Positive Change	15
18	19 1:00 – 3:00 Writing Group Yoga	20	21 1:00 – 3:00 Circuit Training Nutrition – Eating to Control, Prevent and reverse Diabetes	22
25	26 1:00 – 3:00 Art – Sketching Yoga	27	28 1:00 – 3:00 Chair Exercises/Stretching Healthy Mind, Healthy Body – How Music Effects the Mind and Body	29 Apple Picking at Thiessen's Orchards Cost: \$5.00 Please pay Angie or Steve ahead of time Lunch & 3lb bag of apples included Meet at the Orchard at 10:45 am

Circuit Training – Variety of different exercises for the whole body. Move through each exercise for 45 second increments.

Writing Group – Learn new techniques to write poetry and short stories

Art – Learn to sketch. No drawing experience necessary!

