

MENTAL HEALTH CONNECTIONS – August 2019 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 – Ceramic Lessons (4/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 10:00 – 11:00 – Wellness (1/4) 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Living with Anxiety 1:00 – 3:00 – Trip to WalMart 1:00 – 3:00 – The Art of Words</p>	<p>2 9:00 – 9:30 – Mental Aerobics 9:00 – 11:00 – Sewing Lessons with Kelly 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – MR Meat/Joe's Produce</p>
<p align="center">Closed for Civic Holiday</p>	<p>6 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:30 – Pictionary 10:30 – 1:00 – Games & BBQ Wigle Park 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 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Discussion) 12:45 – 3:30 – Aikido (Peer) 1:00 – 3:00 – Knitting Group</p> <p align="center">ZUMBA is cancelled today</p>	<p>8 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 10:00 – 11:00 – Wellness (2/4) 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Living with Anxiety 1:00 – 3:00 – Trip to Devonshire Mall 1:00 – 3:00 – The Art of Words</p>	<p>9 9:00 – 9:30 – Mental Aerobics 9:00 – 11:00 – Sewing Lessons with Kelly 9:00 – 11:30 – Ceramics () 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Games at Wigle Park</p>
<p>12 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Social Skills 10:30 – 2:30 – Music 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Guilt Definition/Causes 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Pool Tournament 1:00 – 3:00 – Ceramic Lessons (1/8) 2:00 – 3:00 – Mindfulness</p>	<p>13 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 11:00 – Pictionary 10:00 – 11:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Aug. 8) 11:00 – 11:30 – Basic Life Skills 12:30 – 3:30 – Wellness Recovery (WRAP) (7/8) 1:00 – 2:00 – Self Esteem (2/4) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Wii Fit 2:00 – 3:00 – Relaxation</p>	<p>14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Card Games) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 1:00 – 3:00 – Knitting Group</p> <p>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 – Ceramic Lessons (6/8) (Peer) 10:00 – 11:00 – Healthy Mind, Healthy Body 10:00 – 11:00 – Wellness (3/4) 11:00 – 12:00 – Living with Anxiety 11:00 – 11:30 – Chair Exercises 1:00 – 3:00 – Trip to Riverfront 1:00 – 3:00 – The Art of Words</p>	<p>16 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:00 – 11:00 – Sewing Lessons with Kelly 9:45 – 11:15 – Equipment Workout 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Home Repair</p>
<p>19 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Social Skills 10:30 – 2:30 – Music 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Guilt Self Guilt/Symptoms <i>1:00 – 2:00 – WRAP Support & Review</i> 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Ping Pong Tournament 1:00 – 3:00 – Ceramic Lessons (2/8) 2:00 – 3:00 – Mindfulness</p>	<p>20 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 11:00 – Scrabble 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Life Skills 11:00 – 11:30 – Chair Exercises 12:00 – 12:30 – Basic Computer Knowledge 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 12:00 – 2:00 – Women's Group (Craft) 12:45 – 3:30 – Aikido (Peer) 1:00 – 2:00 – Zumba 1:00 – 3:00 – Knitting Group</p>	<p>22 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (7/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 10:00 – 11:00 – Wellness (4/4) 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Living with Anxiety 1:00 – 3:00 – Plentiful Harvest Food Bank (Sign Up with Steve starts Aug. 19) 1:00 – 3:00 – The Art of Words</p>	<p>23 9:00 – 9:30 – Mental Aerobics () 9:00 – 11:00 – Sewing Lessons with Kelly 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Trip to Riverfront</p>
<p>26 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Social Skills 10:30 – 2:30 – Music 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Guilt Conquering Effects of Guilt 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Bubble Hockey Tournament 1:00 – 3:00 – Ceramic Lessons (3/8) 2:00 – 3:00 – Mindfulness</p>	<p>27 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 11:00 – Pictionary 10:00 – 11:30 – Plentiful Harvest Food Bank (Sign Up with Lorna starts June 14) 11:00 – 11:30 – Basic Life Skills 12:30 – 3:30 – Wellness Recovery (WRAP) (1/8) 1:00 – 2:00 – Self Esteem 3/4) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Walk at Ojibway (Sign up with Myles – space is limited) 2:00 – 3:00 – Relaxation</p>	<p>28 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Bingo) 12:45 – 3:30 – Aikido 1:00 – 3:00 – Knitting Group</p> <p align="center">ZUMBA is cancelled today</p>	<p>29 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (8/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 10:00 – 11:00 – Wellness (1/4) 11:00 – 12:00 – Living with Anxiety 11:00 – 11:30 – Chair Exercises 1:00 – 3:00 – Trip to Riverfront 1:00 – 3:00 – The Art of Words</p>	<p>30 9:00 – 9:30 – Mental Aerobics 9:00 – 11:00 – Sewing Lessons with Kelly 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Games at Wigle Park</p>

Mental Health Connections Program Highlights

Living with Anxiety Thursdays

11:00am – 12:00pm

Try your hand at **CERAMICS**. This can help with relaxation and fine motor skills and the

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

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

RELAXATION

Aikido

Yoga

FAMILY SUPPORT & EDUCATION

Group or individual sessions available.

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

WOULD YOU LIKE TO LEAD A HEALTHY LIFESTYLE?

PHYSICAL FITNESS

Equipment Workout

Aqua Fit Open Gym

Aerobics Bowling

BUDGETING CLASS. Learn how to budget your money.

Have you thought about learning how to use **COMPUTERS**? Classes are offered for basic

NUTRITION

Learn the basics of healthy eating and weight management

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.

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

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

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

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

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.