

MENTAL HEALTH CONNECTIONS – February 2019 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-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 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Talks with Anna 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>4 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 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Anger/Conflict Conflict Models 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (5/6) Topic: Under Glaze 2:00 – 3:00 – Mindfulness</p>	<p>5 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 -11:00 – Nutrition Class 11:00- 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (4/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (1/12)</p>	<p>6 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics () 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group (Discussion) (Let’s Share Recipes & Cooking Tips) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)</p>	<p>7 9:00 – 10:00 – Circuit Training () 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) () Topic: Under Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art</p>	<p>8 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Talks with Anna 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group Outing</p>
<p>11 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 10:00 – 10:45 – Aqua Fit 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Anger/Conflict Self-Talk & Sabotage 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (6/6) Topic: Under Glaze 2:00 – 3:00 – Mindfulness 2:00 – 3:00 – Introduction to Budgeting</p>	<p>12 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Feb. 7) 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 2:00 – Expressive Art 1:00 – 2:00 – Wellness (1/4) 1:00 – 2:00 – Circuit Training/Stretching 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Scrabble 2:00 – 2:30 – Basic Life Skills 2:00 – 3:00 – Darts 7:00 – 9:30 – Family to Family Education (2/12)</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 12:00 – 2:00 – Women’s Group (Pictionary) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:00 – 3:00 – Chair Yoga 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 (6/6) Topic: Under Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Valentine’s Day Dance</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 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Writing Group</p>
<p style="text-align: center; font-size: 2em;">Closed for Family Day</p>	<p>19 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (3/12)</p>	<p>20 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – (Cards or Board Game) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)</p>	<p>21 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/6) Topic: Product Knowledge 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Feb. 15) 1:00 – 3:00 – Art</p>	<p>22 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Guest Speaker (Bounce Back) 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Trip to Devonshire</p>
<p>25 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Anger/Conflict Guideline & Resolutions 1:00 – 2:00 – WRAP Support & Review 1:00 – 3:00 – Ceramic Lessons (2/6) Topic: Cleaning 2:00 – 3:00 – Introduction to Budgeting</p>	<p>26 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) () 1:00 – 2:00 – Expressive Art 1:00 – 2:00 – Circuit Training/Stretching 1:00 – 3:00 – Walk at Ojibway 7:00 – 9:30 – Family to Family Education (4/12)</p>	<p>27 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 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 1:00 – 2:00 – Zumba 2:00 – 3:00 – Chair Yoga</p>	<p>28 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramics Lessons (2/6) Topic: Cleaning 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Outlet Mall 1:00 – 3:00 – Art</p>	

Mental Health Connections Program Highlights

Valentine's Day Dance

Thursday February 14

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

Do you have an addiction problem of any type? Join the **DEPENDENCY GROUP** on Thursdays.

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

BUDGETING CLASS. Learn how to budget your money.

Join the **YOUTH GROUP** if you are a youth and would like to socialize with others your own age.

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

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

WOULD YOU LIKE TO LEAD A HEALTHY LIFESTYLE?

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

RELAXATION
Aikido
Yoga

PHYSICAL FITNESS
Equipment Workout
Aqua Fit Open Gym
Aerobics Bowling
Health Walk

NUTRITION
Nutrition Classes
Healthy Cooking on a Budget

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.