

MENTAL HEALTH CONNECTIONS – June 2019 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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 - Sarcasm Hurts Definition and Meaning 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Basketball in the Park 1:00 – 3:00 – Ceramic Lessons (1/8) 2:00 – 3:00 – Mindfulness</p>	<p>4 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 9:30 – 11:00 – Pictionary 11:00 – 11:30 – Basic Life Skills 10:30 – 1:00 – Games & BBQ Wigle Park 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 2:00 – Self Esteem (1/4) 1:00 – 2:00 – Circuit Training 1:00 – 3:00 – Wii Fit 2:00 – 3:00 – Relaxation</p>	<p>5 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 1:00 – 2:00 – Zumba 1:00 – 3:00 – Knitting Group</p>	<p>6 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 – WalMart 1:00 – 3:00 – The Art of Words</p>	<p>7 9:00 – 3:30 – Games & Activities Greenview Aviaries Cost: \$5.00 (Please see Lorna to sign up) Sign in by 9:15 a.m. Bus leaves promptly at 9:30 a.m.</p>
<p>10 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 – Sarcasm Hurts Purpose and Effects 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Basketball in the Park 1:00 – 3:00 – Ceramic Lessons (2/8) 2:00 – 3:00 – Mindfulness</p>	<p>11 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) (6/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>12 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 with Marla) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 1:00 – 3:00 – Knitting Group 2:15 – 3:15 – Music Friendship Circle (Drumming) 7:00 – 9:30 – Family Support Meeting</p>	<p>13 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>14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout () 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Trip to the Riverfront</p>
<p>17 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 – Sarcasm Hurts Sarcasm in Writing 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Basketball in the Park () 1:00 – 3:00 – Ceramic Lessons (3/8) 2:00 – 3:00 – Mindfulness</p>	<p>18 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) (7/8) 1:00 – 2:00 – Self Esteem (2/4) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Walk at Ojibway (Sign up with Myles – space is limited)</p>	<p>19 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 1:00 – 3:00 – Knitting Group 2:00 – 3:00 – Chair Yoga</p>	<p>20 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 10:00 – 11:00 – Wellness (3/4) 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Living with Anxiety 1:00 – 3:00 – Trip to Riverfront 1:00 – 3:00 – The Art of Words</p>	<p>21 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics () 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>24 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 – Sarcasm Hurts Taking Ownership 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 2:30 – Basketball in the Park 1:00 – 3:00 – Ceramic Lessons (4/8) 2:00 – 3:00 – Mindfulness</p>	<p>25 9:00 – 10:00 – Circuit Training (Peer) 9:30 – 11:00 – Scrabble (Carley) 9:00 – 11:30 – Pottery (Myles) 11:00 – 11:30 – Basic Life Skills (Carley) 12:00 – 12:30 – Basic Computer Knowledge (Myles) 12:30 – 3:30 – Wellness Recovery (WRAP) (8/8) (Bill) 1:00 – 4:00 – Mental Health Connections Closed (Lunch: Myles)</p>	<p>26 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 1:00 – 3:00 – Knitting Group 2:15 – 3:15 – Music Friendship Circle (Drumming)</p>	<p>27 9:00 – 10:00 – Circuit Training (Peer) 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (7/8) 10:00 – 11:00 – Wellness (4/4) 11:00 – 12:00 – Living with Anxiety 1:00 – 3:00 – Plentiful Harvest Food Bank (Sign Up with Lorna starts June 24) 1:00 – 3:00 – The Art of Words</p>	<p>28 9:00 – 9:30 – Mental Aerobics 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 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>

Mental Health Connections Program Highlights

**Trip to
Greenview Aviaries**

**FAMILY
SUPPORT &
EDUCATION**
Group or

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

Join the
COOKING CLASS
And learn new
techniques and

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

**HEALTHY MIND AND
BODY** teaches you
strategies to cope with
stress both

Provide feedback
on the program?
Attend the
MONTHLY

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

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

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

NUTRITION
Learn the basics of
healthy eating and

Interested in
paid employment?
Find out about the
EMPLOYMENT

Learn about your illness,
triggers and boundaries.
The **WELLNESS
RECOVERY ACTION PLAN**
(WRAP) is a self-

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

RELAXATION

PHYSICAL FITNESS
Equipment Workout
Aqua Fit Open Gym

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**

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