


MENTAL HEALTH CONNECTIONS March 2020 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Assessing Your Anger (What is Anger) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – The Importance of Optimism 1:00 – 3:00 – Ceramic Lessons (5/8) 2:00 – 3:00 – Heart Walk</p>	<p>3 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 – Slow Flow Yoga with Zachara 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (8/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (6/12)</p>	<p>4 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 12:00 – 2:00 – Women’s Group (Discussion) 12:45 – 3:30 – Aikido 12:30 – 3:30 – Wellness Recovery (WRAP) (8/8) 1:00 – 4:00 – Mental Health Connections Closed 1:00 – 3:00 – Knitting Group</p>	<p>5 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Slow Flow Yoga with Zachara 12:00 – 1:00 – Guest Speaker (Forms Completion Service) 1:00 – 3:00 – Trip to WalMart 1:00 – 3:00 – Art with Jacqui</p>	<p>6 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 10:00 – 10:45 – AquaFit with Martha 12:00 – 12:30 – Guest Speaker (S.T.E.P.S.) 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Joseph Produce/MR Meat 1:00 – 3:00 – Writing Group with Jacqui</p>
<p>9 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Assessing Your Anger (Causes & Symptoms) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Creating Hope thru Empowerment 1:00 – 3:00 – Ceramic Lessons (6/8) 2:00 – 3:00 – Heart Walk</p>	<p>10 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Mar. 6) 11:00 – 12:00 – Slow Flow Yoga with Zachara 12:30 – 3:30 – Wellness Recovery (WRAP) (1/8) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Wii Fit 7:00 – 9:30 – Family to Family Education (7/12)</p>	<p>11 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 12:00 – 2:00 – Women’s Group (Craft) 12:45 – 3:30 – Aikido (Peer) 1:00 – 3:00 – Knitting Group 7:00 – 9:30 – Family Support Meeting Zumba is cancelled today</p>	<p>12 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Slow Flow Yoga with Zachara 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art with Jacqui</p>	<p>13 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 10:00 – 10:45 – AquaFit with Martha 12:00 – 3:00 – St. Patrick’s Lunch & Dance</p> 
<p>16 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Assessing Your Anger (Stages of Anger) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Failure as a Way to Success 1:00 – 3:00 – Ceramic Lessons (7/8) 2:00 – 3:00 – Heart Walk</p>	<p>17 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 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 (8/12) Yoga is cancelled today</p>	<p>18 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 12:00 – 2:00 – Women’s Group (Bubble Hockey) 12:45 – 3:30 – Aikido 1:00 – 3:00 – Knitting Group Zumba is cancelled today</p>	<p>19 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 11:00 – 11:30 – Chair Exercises 1:00 – 3:00 – Plentiful Harvest Food Bank (Sign Up with Steve starts Mar. 16) 1:00 – 3:00 – Art with Jacqui Yoga is cancelled today</p>	<p>20 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 10:00 – 10:45 – AquaFit with Martha 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group with Jacqui</p>
<p>23 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Assessing Your Anger (Volcano Effect) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Positive Self Reflection 1:00 – 3:00 – Ceramic Lessons (8/8) 2:00 – 3:00 – Heart Walk</p>	<p>24 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 – Slow Flow Yoga with Zachara 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) 1:00 – 3:00 – Trip to Ojibway (Sign up with Myles – limited seating) 7:00 – 9:30 – Family to Family Education (9/12)</p>	<p>25 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha () 12:00 – 2:00 – Women’s Group (Bingo) 12:45 – 3:30 – Aikido (Peer) 1:00 – 2:00 – Zumba with JoAnn 1:00 – 3:00 – Knitting Group</p>	<p>26 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 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Slow Flow Yoga with Zachara 1:00 – 3:00 – Trip to Chimzchuk Museum 1:00 – 3:00 – Art with Jacqui 6:00 – 7:30 – MHC Shining Stars Talent Show</p>	<p>27 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 10:00 – 10:45 – AquaFit with Martha 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Bowling 1:00 – 3:00 – Writing Group with Jacqui</p>
<p>30 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – AquaFit with Martha 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Assessing Your Anger (Taking Charge of Your Emotions) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – The Myths of Self Stigma 1:00 – 3:00 – Ceramic Lessons (1/8) 2:00 – 3:00 – Heart Walk</p>	<p>31 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 – Slow Flow Yoga with Zachara 12:00 – 12:30 – Basic Computer Knowledge 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 (10/12)</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

**St. Patrick's Day
Celebration**
Friday March 13

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

**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.

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.**

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
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.