

MENTAL HEALTH CONNECTIONS – October 2019 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 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) (6/8) 1:00 – 4:00 – Mental Health Connections Closed</p> <p>7:00 – 9:30 – Family to Family Education (2/12)</p>	<p>2 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>3 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 1:00 – 3:00 – Trip to WalMart 1:00 – 3:00 – Art</p>	<p>4 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 1:00 – 3:00 – Writing Group with Jacqui</p>
<p>7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Jealousy vs Envy (Definitions) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Anxiety Management 1:00 – 3:00 – Ceramic Lessons (8/8) (Peer) 2:00 – 3:00 – Heart Walk</p>	<p>8 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery (Peer) 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Slow Flow Yoga with Zachara 12:30 – 3:30 – Wellness Recovery (WRAP) (7/8) 1:00 – 3:00 – Circuit Training</p> <p>7:00 – 9:30 – Family to Family Education (3/12)</p>	<p>9 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 1:00 – 3:00 – Knitting Group</p> <p>7:00 – 9:30 – Family Support Meeting</p>	<p>10 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/8) (Peer) 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 – Courtesy Meds 1:00 – 3:00 – Trip to Devonshire Mall</p>	<p>11 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 – Bubble Hockey Tournament</p>
<p>Closed for Thanksgiving Holiday</p>	<p>15 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Plentiful Harvest Food Bank (Steve) (Sign Up with Steve starts Oct. 9) 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</p> <p>7:00 – 9:30 – Family to Family Education (4/12)</p>	<p>16 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Pictionary) 12:45 – 3:30 – Aikido (Peer) 1:00 – 3:00 – Knitting Group</p>	<p>17 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/8) (Peer) 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</p>	<p>18 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 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group with Jacqui</p>
<p>21 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Jealousy vs Envy (Causes) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Dealing with Depression 1:00 – 3:00 – Ceramic Lessons (2/8) 2:00 – 3:00 – Heart Walk</p>	<p>22 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) (1/8) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Trip to Ojibway (Sign up with Myles – limited seating)</p> <p>7:00 – 9:30 – Family to Family Education (5/12)</p>	<p>23 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Cards) 12:45 – 3:30 – Aikido 11:00 – 3:00 – Knitting Group</p>	<p>24 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 – Plentiful Harvest Food Bank (Sign Up with Steve starts Oct. 21) 1:00 – 3:00 – Art</p>	<p>25 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 – Bowling 1:00 – 3:00 – Writing Group with Jacqui</p>
<p>28 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Jealousy vs Envy (Ways to Overcome) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Self Care During Difficult Times 1:00 – 3:00 – Ceramic Lessons (3/8) 2:00 – 3:00 – Heart Walk</p>	<p>29 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) (2/8) 1:00 – 4:00 – Mental Health Connections Closed</p> <p>7:00 – 9:30 – Family to Family Education (6/12)</p>	<p>30 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics (W) 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Bingo) 12:45 – 3:30 – Aikido (Peer) 1:00 – 3:00 – Knitting Group</p>	<p>31 9:00 – 10:00 – Circuit Training (Steve) 9:00 – 11:00 – Knitting & Crochet 101 (Kelly) 9:00 – 11:30 – Ceramic Lessons (5/8) (Myles) 10:00 – 11:00 – Healthy Mind, Healthy Body (Steve) 11:00 – 11:30 – Chair Exercises (Steve) 11:00 – 12:00 – Slow Flow Yoga with Zachara 12:00 – 3:00 – Halloween Lunch and Dance (M/S)</p>	<p>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

Halloween Party

Thursday October 31

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

NUTRITION
Learn the basics of healthy eating and weight management

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

PHYSICAL FITNESS
Equipment Workout
Aqua Fit Open Gym
Aerobics Bowling
Zumba

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

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.

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.