

MENTAL HEALTH CONNECTIONS - September 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca		Suicide Prevention Month		
3 Closed for Labour Day	4 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 – 3:00 – Trip to Ojibway 1:00 – 3:00 – Cooking 101 Sign up with Steve – Seating Limited	5 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (Loneliness) New Situation; New Place 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Discussion 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:00 – 3:00 – Chair Yoga	6 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/6) Topic: Greenware Cleaning 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art	7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00- 2:00 – Mindfulness (Acceptance) 1:00 – 3:00 – MR Meat/Joseph's Produce 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
10 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 – Attachment (Clues, Why & What) 1:00 – 2:00 – WRAP Support & Review 1:00- 2:00 – Recovery Strategies (Relationships) (Family and Friends) 2:00 – 3:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (4/6) Topic: Dry Brushing	11 9:00 – 10:00 – Circuit Training (Steve) 9:00 – 11:30 – Pottery (Angie/Myles) 10:00 – 11:30 – Mission Food Bank (Steve) (Sign Up with Lorna starts Sept. 5) 11:00 – 12:00 – Yoga (Angie) 12:00 – 12:30 – Basic Computer Knowledge (Myles) 12:30 – 3:30 – Wellness Recovery (WRAP) (4/8) (Bill) 1:00 – 4:00 – Mental Health Connections Closed	12 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (Loneliness) Loss of Friend/Family 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Guest Speaker (Scam Awareness) 12:00 – 2:00 – Women's Group – Games 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Drumming 7:00 – 9:30 – Family Support Meeting	13 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/6) Topic: 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts Sept. 10) 1:00 – 3:00 – Art	14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group - Outing 1:00 – 3:00 – Independent Art & Ceramics
17 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: – Personal Growth – Attachment (The Art of Detachment) 1:00 – 2:00 – WRAP Support & Review 1:00- 2:00 – Recovery Strategies (Relationships) (Healthy Relationships) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (5/6) Topic: Dry Brushing	18 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 11:00 – 12:00 – Yoga 10:30 – 1:00 – Games & BBQ Wigle Park 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 2:00 – Expressive Art 1:00 – 3:00 – Scrabble Game 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Cooking with Kitchen Staff	19 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (Loneliness) Spending too Much Time 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Karaoke 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:00 – 3:00 – Chair Yoga	20 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/6) Topic: 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art	21 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- 2:00 – Mindfulness (Slowing Down) 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group
24 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 – Attachment (How to Detach) 1:00 – 2:00 – WRAP Support & Review 1:00- 2:00 – Recovery Strategies (Relationships) (Romantic Relationships) 00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (6/6) Topic: Dry Brushing	25 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) (6/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (1/12)	26 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout () 10:00 – 10:30 – Basic Life Skills (Loneliness) Combating Loneliness 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Drumming	27 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) Topic: 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to the River 1:00 – 3:00 – Art	28 9:00 – 3:30 – Games and Activities Trip to Thiessen's Orchard Bus leaves promptly at 9:30 a.m. Cost: \$5.00 (Please see Lorna) (Trip includes wagon ride, lunch and 5 pound bag for picking apples)

Mental Health Connections Program Highlights

Apple Picking

Friday September 28

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

PHYSICAL FITNESS
Equipment Workout
Aqua Fit Open Gym
Aerobics Bowling
Zumba

NUTRITION
Learn the basics of healthy eating and weight management

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.