

MENTAL HEALTH CONNECTIONS – September 2019 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="font-size: 24pt; font-weight: bold;">Closed for Labour Day</p>	<p>3 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 10:30 – 12:30 – Games & BBQ Wigle Park 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>4 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 – 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 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 1:00 – 3:00 – Trip to WallMart 1:00 – 3:00 – Art</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 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – MR Meat/Joe's Produce</p>
<p>9 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 – Denial (Definition) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – The Power of Positive Thinking 1:00 – 3:00 – Ceramic Lessons (4/8) 2:00 – 3:00 – Heart Walk</p>	<p>10 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 11:00 – Scrabble 10:00 – 11:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Sept. 5) 11:00 – 12:00 – Self Esteem 11:15 – 12:15 – Slow Flow Yoga with Zachara 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) 1:00 – 3:00 – Circuit Training</p>	<p>11 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 7:00 – 9:30 – Family Support Meeting</p>	<p>12 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:15 – 12:15 – Slow Flow Yoga with Zachara 1:00 – 3:00 – Trip to Devonshire Mall 1:00 – 3:00 – Art</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 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Games at Wigle Park</p>
<p>16 9:00 – 9:30 – Mental Aerobics (Peer) 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:30 – 2:30 – Music 1:00 – 2:00 – The Power of Positive Thinking 1:00 – 3:00 – Ceramic Lessons (5/8) 1:30 – 2:30 – Personal Growth – Denial (The Truth Behind Denial – Part 1) 2:00 – 3:00 – Heart Walk 2:30 – 3:00 – WRAP Support & Review Personal Growth & WRAP Support are scheduled for later times today</p>	<p>17 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 – Chair Exercises 11:15 – 12:15 – Slow Flow Yoga with Zachara 12:00 – 1:00 – Self Esteem 12:30 – 3:30 – Wellness Recovery (WRAP) (4/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>18 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Walk to Bibles for Mission) 12:45 – 3:30 – Aikido 1:00 – 3:00 – Knitting Group</p>	<p>19 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:15 – 12:15 – Slow Flow Yoga with Zachara 1:00 – 3:00 – Plentiful Harvest Food Bank (Sign Up with Steve starts Sept. 16) 1:00 – 3:00 – Art</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 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Birthday Bingo</p>
<p>23 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 – Denial (The Truth Behind Denial – Part 2) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Understanding Stigma 1:00 – 3:00 – Ceramic Lessons (6/8) 2:00 – 3:00 – Heart Walk</p>	<p>24 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 11:00 – Pictionary 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Self Esteem 11:15 – 12:15 – Slow Flow Yoga with Zachara 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Trip to Ojibway (Sign up with Myles – limited seating) 7:00 – 9:30 – Family to Family Education (1/12)</p>	<p>25 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Bingo) 12:45 – 3:30 – Aikido 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 (1/8) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:15 – 12:15 – Slow Flow Yoga with Zachara 1:00 – 3:00 – Trip to Riverfront 1:00 – 3:00 – Art</p>	<p>27 9:00 – 3:30 – Games & Activities 9:00 – 2:00 – Trip Trip to Thiessen's Orchard Check in: 9:15 a.m. Bus leaves promptly at 9:30 a.m. Cost: \$5.00 (Trip includes wagon ride, lunch and 5 pound bag for picking apples)</p>
<p>30 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 – Denial (Living & Speaking Your Truth) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Overcoming Stigma 1:00 – 3:00 – Ceramic Lessons (7/8) 2:00 – 3:00 – Heart Walk</p>		<p style="font-size: 24pt; font-weight: bold;">Suicide Prevention and Recovery Month</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

Suicide Prevention and Recovery Month

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.

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

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.

FAMILY SUPPORT & EDUCATION
Group or individual sessions available.

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

RELAXATION
Aikido
Yoga

WOULD YOU LIKE TO LEAD A HEALTHY LIFESTYLE?

PHYSICAL FITNESS
Equipment Workout
Aqua Fit Open Gym
Aerobics Bowling
Zumba

BUDGETING CLASS. Learn how to budget your money.

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

NUTRITION
Learn the basics of healthy eating and weight management

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.

Join the **COOKING CLASS**
And learn new techniques and cooking on a budget.

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

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

Have you thought of learning to **PLAY A MUSICAL INSTRUMENT OR TO LEARN HOW TO SING**? A professional music teacher is available on Mondays.