

MENTAL HEALTH CONNECTIONS - August 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca</p>		<p>1 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Discussion 12:45 – 3:30 – Aikido 2:15 – 3:15 – Drumming</p> <p>AQUA-FIT CANCELLED</p>	<p>2 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/6) Topic: Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness (1/4) 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art</p>	<p>3 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Home Repair 1:00 – 2:00 – Mindfulness (Getting Started) 1:00 – 3:00 – Independent Art & Ceramics)</p> <p>AQUA-FIT CANCELLED</p>
<p>6</p> <p style="font-size: 1.2em;">Closed for Civic Holiday</p>	<p>7 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) (7/8) 1:00 – 2:00 – Expressive Arts 1:00 – 3:00 – Trip to Ojibway 1:00 – 3:00 – Cooking 101 Sign up with Steve – Seating Limited</p>	<p>8 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 – 2:00 – Women's Group – Walk in Wigle Park 12:45 – 3:30 – Aikido 2:00 – 3:00 – Chair Yoga</p> <p>7:00 – 9:30 – Family Support Meeting</p>	<p>9 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/6) Topic: Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Chimczuk Museum 1:00 – 3:00 – Art</p>	<p>10 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 – MR Meat/Joseph's Produce 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>13 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 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Power of Choice (Effective Decision Making) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Boundaries) (Mental & Emotional Limits) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (1/6) Topic: Product Knowledge</p>	<p>14 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Mission Food Bank (Sign Up with Lorna starts Aug. 8) 11:00 – 11:30 – Basic Life Skills – Emotional Flexibility (How to Handle Conflict) 11:00 – 12:00 – Yoga 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>15 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Movie 12:45 – 3:30 – Aikido 2:15 – 3:15 – Drumming</p>	<p>16 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) Topic: Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00- 11:45 – Wellness (2/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts Aug. 13)</p>	<p>17 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 10:00 – 10:45 – Aqua Fit 1:00 – 2:00 – Mindfulness (Letting Go) 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p> <p>EQUIPMENT WORKOUT CANCELLED</p>
<p>20 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 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Power of Choice (Motivation, Intent & Focus) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Boundaries) (Protecting Yourself, Saying No) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (2/6) Topic: Greenware Cleaning</p>	<p>21 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 11:00 – 12:00 – Yoga 10:30 – 11:00 – Games & BBQ Wigle Park 11:00 – 11:30 – Basic Life Skills – Emotional Flexibility (What to do When Things Don't Go Your Way) 1:00 – 2:00 – Expressive Art 2:30 – 3:30 – Wellness Recovery (WRAP) (1/8) 1:00 – 3:00 – Scrabble Game 1:00 – 3:00 – Cooking with Kitchen Staff</p>	<p>22 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Games 12:45 – 3:30 – Aikido 2:00 – 3:00 – Chair Yoga</p>	<p>23 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/6) Topic: Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00- 11:45 – Wellness (3/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to the River 1:00 – 3:00 – Art</p>	<p>24 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Consumer Meeting 1:00 – 2:00 – Mindfulness (The Wise Mind) 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group</p>
<p>27 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 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Power of Choice (Dealing with The Facts) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Boundaries) (Setting & Keeping Boundaries) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (3/6) Topic: Dry Brushing</p>	<p>28 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 – 11:30 – Basic Life Skills – Emotional Flexibility (Are you Open to Other Opinions) 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>29 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 2:15 – 3:15 – Drumming</p>	<p>30 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/6) Topic: Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00- 11:45 – Wellness (4/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Devonshire Mall 1:00 – 3:00 – Art</p>	<p>31 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00 – 2:00 – Mindfulness (Self Care) 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>

Mental Health Connections Program Highlights

Games & BBQ

Tuesday August 21

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.

WOULD YOU LIKE TO LEAD A HEALTHY LIFESTYLE?

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

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.