

MENTAL HEALTH CONNECTIONS – December 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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 – 10:30 – Relaxation 101 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Holiday Stress (Mindfulness Reduce Stress) (Emily) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Christmas Decorating 2:00 – 3:00 – Living with Diabetes</p>	<p>4 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 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>5 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Music Friendship Circle</p>	<p>6 Annual MHC Christmas Party Masonic Temple (986 Ouellette Avenue) 1:00 p.m. – 5:00 p.m. (Please sign up with Lorna)</p>	<p>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 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group - Outing 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>10 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 – 10:30 – Relaxation 101 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Holiday Stress (Types of Stress) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons Topic: Glaze (5/6) 2:00 – 3:00 – Living with Diabetes</p>	<p>11 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Food Bank (Sign Up with Lorna starts Dec. 5) 11:00 – 12:00 – Yoga 1:00 – 2:00 – Expressive Arts 1:00 – 3:00 – Walmart 1:00 – 3:00 – Cooking 101 Sign Up with Steve – Seating Limited Staff Christmas Party 12:00 p.m.</p>	<p>12 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 – 10:30 – Basic Social Skills 10:00 – 10:45 – Aqua Fit 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:00 – 3:00 – Chair Yoga 7:00 – 9:30 – Family Support Meeting</p>	<p>13 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons Topic: Greenware Cleaning (2/6) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Outlet Mall 1:00 – 3:00 – Art</p>	<p>14 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 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>17 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 – 10:30 – Relaxation 101 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Holiday Stress (Tools to Help De-stress) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons Topic: Glaze (6/6)</p>	<p>18 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 1:00 – 4:00 – Mental Health Connections Closed</p>	<p>19 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 – 10:30 – Basic Social Skills 10:00 – 10:45 – Aqua Fit 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Music Friendship Circle</p>	<p>20 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons Topic: Under Glaze (3/6) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 1:00 – 3:00 – Art (Peer) 1:00 – 3:00 – Devonshire Mall</p>	<p>21 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 – 1:00 – Consumer Meeting 1:00 – 2:00 – Mindfulness 1:00 – 3:00 – Birthday Bingo <u>AquaFit CANCELLED Today</u></p>
<p>24 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 – 10:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Holiday Stress (Laughter is Healing) MHC Closed at 1:00 p.m.</p>	<p style="text-align: center;">Closed for Christmas Day</p>	<p style="text-align: center;">Closed for Boxing Day</p>	<p>27 9:00 – 1:00 – Games/ Movies 9:00 – 11:30 – Ceramics MHC Closed at 1:00 p.m.</p>	<p>28 9:00 – 1:00 – Games/ Movies 9:45 – 11:15 – Equipment Workout <u>AquaFit is CANCELLED today</u> MHC Closed at 1:00 p.m.</p>
<p>31 9:00 – 2:00 – Games/ Movies 9:45 – 11:15 – Equipment Workout <u>AquaFit is CANCELLED today</u> MHC Closed at 1:00 p.m.</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

Annual Christmas Party
Masonic Temple Ballroom
Thursday December 6
1 – 5pm

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 **RELATIONSHIP Class** 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
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.