


MENTAL HEALTH CONNECTIONS - February 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 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/4) (Dry Brushing) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Basic Wellness Program (1/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art 1:00 – 3:00 – Wii Fit</p>	<p>2 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 – Home Repair 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>5 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Understanding Triggers Responding VS Reacting 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Relationships Keeping Healthy Relationships Alive 1:00 – 3:00 – Ceramic Lessons (3/6) (Working with Underglaze) 2:00 – 3:00 – Living With Diabetes</p>	<p>6 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Life Skills 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 3:00 – Trip to the Outlet Mall 1:00 – 3:00 – Scrabble 1:00 – 3:00 – Cooking 101 (Sign Up with Steve – Seating Limited) 7:00 – 9:30 – Family to Family Education</p>	<p>7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Wii Fit 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Discussion 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>8 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/4) (Product Knowledge) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Chmuczuk Museum 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Art</p>	
<p>12 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Understanding Triggers Reality VS False Strength & Courage 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies Stress Management (1/3) 1:00 – 3:00 – Ceramic Lessons (4/6) (Working with Underglaze) 2:00 – 3:00 – Living With Diabetes</p>	<p>13 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Social Skills 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</p>	<p>14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Wii Fit 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Valentine's Day Luncheon 1:00 – 2:30 – Valentine's Day Dance 7:00 – 9:30 – Family Support Meeting</p> 	<p>15 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/4) (Greenware Cleaning) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:45 – Basic Wellness Program (2/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts Feb. 12)</p>	
<p>CLOSED for Family Day</p>	<p>20 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:30 – Mission Food Bank (Steve) (Sign Up with Lorna starts Feb. 14) 11:00 – 11:30 – Basic Life Skills 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (7/8) 1:00 – 3:00 – Winter Walk at Ojibway 1:00 – 3:00 – Cooking with Kitchen Staff 7:00 – 9:30 – Family to Family Education</p>	<p>21 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Crib Tournament 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men's Group – Movie 12:00 – 2:00 – Women's Group – Movie 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>22 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/4) (Working with Glaze) 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Basic Wellness Program (3/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art</p>	
<p>26 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:00 – 11:00 – Chair Yoga 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Understanding Triggers (Overcoming Obstacles & Creating Positive Outcomes) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies Self-Care (2/3) 1:00 – 3:00 – Ceramic Lessons (5/6) (Working with Underglaze) 2:00 – 3:00 – Living With Diabetes</p>	<p>27 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Social Skills 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) (8/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education</p>	<p>28 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:00 – 11:00 – Chair Yoga 12:00 – 2:00 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>		

Mental Health Connections Program Highlights

Valentine's Day Dance

Wednesday, February 14

Try your hand at **CERAMICS**. This can help with relaxation and fine motor skills and the satisfaction of a completed product.

Do you have an addiction problem of any type? Join the **DEPENDENCY GROUP** on Thursdays.

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

BUDGETING CLASS. Learn how to budget your money.

Join the **YOUTH GROUP** if you are a youth and would like to socialize with others your own age.

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

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

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
Health Walk

NUTRITION
Nutrition Classes
Healthy Cooking on a Budget

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.