

## MENTAL HEALTH CONNECTIONS – January 2019 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mental Health Connections</b> 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca</p>	<p><b>1</b></p> <p style="font-size: 1.5em;"><b>Closed for New Year's Holiday</b></p>	<p><b>2</b></p> <p>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 (Discussion: How to Handle Stress) 12:45 – 3:30 – Aikido (Peer) 1:00 – 2:00 – Zumba 2:00 – 3:00 – Chair Yoga</p>	<p><b>3</b></p> <p>9:00 – 10:00 – Circuit Training (Peer) 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/6) Topic: Under Glaze 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art</p>	<p><b>4</b></p> <p>9:00 – 9:30 – Mental Aerobics ( ) 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit <b>1:00 – 3:00 – Bowling at Rose Bowl</b> 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art &amp; Ceramics</p>
<p><b>7</b></p> <p>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 – Basic Social Skills 10:30 – 2:30 – Music 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Anger/Conflict Understanding Anger 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (1/6) Topic: Product Knowledge 2:00 – 3:00 – Mindfulness 2:00 – 3:00 – Living with Diabetes</p>	<p><b>8</b></p> <p>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 <b>1:00 – 4:00 – Mental Health Connections Closed</b></p>	<p><b>9</b></p> <p>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 (Karaoke) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)  7:00 – 9:30 – Family Support Meeting</p>	<p><b>10</b></p> <p>9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) Topic: Under Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art</p>	<p><b>11</b></p> <p>9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Independent Art &amp; Ceramics 1:00 – 3:00 – Home Repair  <b>AQUAFIT IS CANCELLED</b></p>
<p><b>14</b></p> <p>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 – Basic Social Skills 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Anger/Conflict Characteristics of Anger 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (2/6) Topic: Cleaning 2:00 – 3:00 – Mindfulness 2:00 – 3:00 – Living with Diabetes <b>AQUAFIT IS CANCELLED</b></p>	<p><b>15</b></p> <p>9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery <b>10:00 – 11:30 – Plentiful Harvest Food Bank</b> (Sign Up with Lorna starts Jan. 10) <b>12:30 – 3:30 – Wellness Recovery (WRAP) (1/8)</b> 1:00 – 2:00 – Expressive Art 1:00 – 2:00 – Wellness (1 &amp; 2) 1:00 – 3:00 – Cooking 101 Sign Up with Steve – Seating Limited 1:00 – 3:00 – Wii Fit 2:00 – 2:30 – Basic Life Skills</p>	<p><b>16</b></p> <p>9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 2:00 – Women's Group (Movie) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba  <b>AQUAFIT IS CANCELLED</b></p>	<p><b>17</b></p> <p>9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/6) Topic: Under Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises <b>1:00 – 3:30 – Plentiful Harvest Food Bank</b> (Sign Up with Lorna starts Jan. 14)</p>	<p><b>18</b></p> <p>9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout <b>12:00 – 1:00 – Consumer Meeting</b> 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Independent Art &amp; Ceramics  <b>AQUAFIT IS CANCELLED</b></p>
<p><b>21</b></p> <p>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 – Basic Social Skills 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Anger/Conflict Anger and the body 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (3/6) Topic: Under Glaze 2:00 – 3:00 – Living with Diabetes 2:00 – 3:00 – Mindfulness</p>	<p><b>22</b></p> <p>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 <b>12:30 – 3:30 – Wellness Recovery (WRAP) (2/8)</b> <b>1:00 – 4:00 – Mental Health Connections Closed</b></p>	<p><b>23</b></p> <p>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 – (Craft with Mary) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)</p>	<p><b>24</b></p> <p>9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/6) Topic: 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 – Chimczuk Museum 1:00 – 3:00 – Art</p>	<p><b>25</b></p> <p>9:00 – 9:30 – Mental Aerobics (Angie) 9:00 – 11:30 – Ceramics (Wendy) 9:45 – 11:15 – Equipment Workout (Myles/Steve) 10:00 – 10:45 – Aqua Fit (Angie) 12:00 – 1:00 – Guest Speaker (HEP-C Outreach) <b>1:00 – 3:00 – Writing Group (Angie)</b> 1:00 – 3:00 – Independent Art &amp; Ceramics (Wendy) 1:00 – 3:00 – Euchre Tournament (Steve) 1:00 – 3:00 – Wii Fit (Myles)</p>
<p><b>28</b></p> <p>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 – Basic Social Skills 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Anger/Conflict Expressing Anger Respectfully 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (4/6) Topic: Under Glaze 2:00 – 3:00 – Living with Diabetes 2:00 – 3:00 – Mindfulness</p>	<p><b>29</b></p> <p>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 <b>12:30 – 3:30 – Wellness Recovery (WRAP) (3/8)</b> 1:00 – 2:00 – Expressive Art 1:00 – 2:00 – Wellness (3 &amp; 4) 1:00 – 3:00 – Walk at Ojibway 1:00 – 3:00 – Cooking with Kitchen Staff 2:00 – 2:30 – Basic Life Skills</p>	<p><b>30</b></p> <p>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 – Bingo 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:00 – 3:00 – Chair Yoga</p>	<p><b>31</b></p> <p>9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/6) Topic: Cleaning 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>	

# Mental Health Connections Program Highlights

**WRAP**  
(Wellness Recovery Action Plan)

Starting Tuesday January 15

**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.