


MENTAL HEALTH CONNECTIONS – March 2019 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca				1 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 – 1:00 – Talk with Anna 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
4 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 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Assertiveness Training Passive Vs Aggressive 1:00 – 2:00 – WRAP Support & 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 – Budgeting 101 (1/4)	5 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 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 (5/12)	6 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) (Thoughts of Spring) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)	7 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/6) 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 – WalMart 1:00 – 3:00 – Art	8 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 12:00 – 1:00 – Talk with Anna 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Home Repair Aquafit Cancelled Today
11 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 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Assertiveness Training Passive/Aggressive vs Assertive 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (3/6) Topic: Under Glaze 2:00 – 3:00 – Mindfulness 2:00 – 3:00 – Budgeting 101 (2/4)	12 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Mar. 7) 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (1/8) 1:00 – 2:00 – Expressive Art 1:00 – 2:00 – Self Esteem (1/4) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Cooking 101 Sign Up with Steve – Seating Limited 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Scrabble 2:00 – 3:00 – Wellness (3/4) 7:00 – 9:30 – Family to Family Education (6/12)	13 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) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:00 – 3:00 – Chair Yoga 7:00 – 9:30 – Family Support Meeting	14 9:00 – 10:00 – Circuit Training (Peer) 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) Topic: Under Glaze 11:00 – 12:00 – Yoga 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art	15 9:00 – 3:30 – Games and Activities 9:15 – 2:00 – St. Patrick's Day Celebration Wallaceburg Cost: \$5.00 (Please see Anna to sign up space is limited) Lunch: pasta, salad and dessert Please Sign in by 9:15 am Bus leaves promptly at 9:30 am. 
18 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 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Assertiveness training Assertive Behaviour 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (4/6) Topic: UnderGlaze 2:00 – 3:00 – Mindfulness 2:00 – 3:00 – Budgeting 101 (3/4)	19 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 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (7/12)	20 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 – (Cards or Board Game) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)	21 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & 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 11:00 – 12:00 – Yoga 12:00 – 1:00 – Guest Speaker – Thumbs Up for Epilepsy 1:00 – 3:30 – Plentiful Harvest Food Bank (Sign Up with Steve starts Mar. 18) 1:00 – 3:00 – Art Purple Day for Epilepsy – wear purple in support	22 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 – 1:00 – Consumer Meeting 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics

<p>25 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 11:00 – 11:30 – Relaxation 101 11:30 – 12:30 – Personal Growth – Assertiveness Training Express Emotions 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies 1:00 – 3:00 – Ceramic Lessons (5/6) Topic: Under Glaze 2:00 – 3:00 – Mindfulness 2:00 – 3:00 – Budgeting 101 (4/4)</p>	<p>26 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) (3/8) 1:00 – 2:00 – Expressive Art 1:00 – 2:00 – Self Esteem (2/4) 1:00 – 3:00 – Circuit Training 1:00 – 3:00 – Walk at Ojibway 1:00 – 3:00 – Cooking with Kitchen Staff 2:00 – 3:00 – Wellness (4/4) 7:00 – 9:30 – Family to Family Education (8/12)</p>	<p>27 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>28 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramics 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 – Chimzchuk Museum 1:00 – 3:00 – Art 6:00 – 8:00 – MHC Talent Show</p>	<p>29 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 – 1:00 – Talk with Anna 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics 1:00 – 3:00 – Bowling at Rose Bowl</p>
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Mental Health Connections Program Highlights

Tri-County Event
St. Patrick's Day
Celebration
Friday March 15

FAMILY SUPPORT & EDUCATION
Group or individual sessions available.

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.

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**.

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.

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

WOULD YOU LIKE TO LEAD A HEALTHY LIFESTYLE?

RELAXATION
Aikido
Yoga

NUTRITION
Nutrition Classes
Healthy Cooking on a Budget

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

PHYSICAL FITNESS
Equipment Workout
Aqua Fit Open Gym
Aerobics Bowling
Health Walk

Are you interested in **PERSONAL GROWTH**? 4 week classes on various topics are offered on Mondays.

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.

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.