

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Mental Health Connections</b> 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 <a href="http://www.mentalhealthconnections.ca">www.mentalhealthconnections.ca</a></p>	<p><b>MENTAL HEALTH WEEK</b> <b>MAY 6th-10th</b></p>	<p><b>1</b> 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 – <b>Women's Group</b> (Discussion) (Outdoor Activities) 12:45 – 3:30 – Aikido 1:00 – 2:00 – <b>Zumba</b> 1:00 – 3:00 – Knitting Group</p>	<p><b>2</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) 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</p>	<p><b>3</b> 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 – Independent Art &amp; Ceramics 1:00 – 3:00 – MR Meat/Joseph's Produce 1:00 – 3:00 – Writing Group</p>
<p><b>6</b> 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 – Communication Skills Listening Skills 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – <b>Recovery Strategies</b> 1:00 – 2:30 – Basketball in the Park 1:00 – 3:00 – Ceramic Lessons (2/6) 2:00 – 3:00 – <b>Mindfulness</b></p>	<p><b>7</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery <b>10:00 – 11:30 – Plentiful Harvest Food Bank</b> (Sign Up with Steve starts May 2) 11:00 – 12:00 – Yoga <b>12:30 – 3:30 – Wellness Recovery (WRAP) (1/8)</b> 1:00 – 2:00 – <b>Expressive Art</b> 1:00 – 2:00 – <b>Self Esteem</b> (3/4) 1:00 – 3:00 – Scrabble 1:00 – 3:00 – Circuit Training 2:00 – 2:30 – <b>Wellness</b> (3/4)</p>	<p><b>8</b> 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 – <b>Women's Group</b> (Craft) 12:45 – 3:30 – Aikido 1:00 – 2:00 – <b>Zumba</b> 1:00 – 3:00 – Knitting Group 2:00 – 3:00 – <b>Chair Yoga</b>  7:00 – 9:30 – Family Support Meeting</p>	<p><b>9</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/6) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Devonshire Mall 1:00 – 3:00 – Art</p>	<p><b>10</b> 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit <b>12:00-3:00- Mental Health Week Celebration</b> <b>Lunch and Dance</b> <b>(All Staff)</b></p>
<p><b>13</b> 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 – Communication Skills Emotions vs Feelings 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – <b>Recovery Strategies</b> 1:00 – 2:30 – Basketball in the Park 1:00 – 3:00 – Ceramic Lessons (3/6) 2:00 – 3:00 – <b>Mindfulness</b></p>	<p><b>14</b> 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>15</b> 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 – <b>Women's Group</b> (Karaoke) 12:45 – 3:30 – Aikido 1:00 – 2:00 – <b>Zumba</b> 1:00 – 3:00 – Knitting Group 2:15 – 3:15 – Music Friendship Circle (Drumming)</p>	<p><b>16</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/6) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Waterfront 1:00 – 3:00 – Art</p>	<p><b>17</b> 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> <b>1:00 – 3:00 – Birthday Bingo</b> 1:00 – 3:00 – Home Repair  <u><b>AQUA FIT CANCELLED TODAY</b></u></p>
<p align="center"><b>Closed for Victoria Day</b></p>	<p><b>21</b> 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 10:00 – 11:00 – Zumba 11:00 – 11:30 – Basic Life Skills 11:00 – 12:00 – Yoga <b>10:30 – 1:00 – Games &amp; BBQ Wigle Park</b> <b>12:30 – 3:30 – Wellness Recovery (WRAP) (3/8)</b> 1:00 – 2:00 – <b>Expressive Art</b> 1:00 – 2:00 – <b>Self Esteem</b> (4/4) 1:00 – 3:00 – Circuit Training <b>1:00 – 3:00 – Walk at Ojibway</b> (Sign up with Angie – space is limited) 2:00 – 3:00 – <b>Wellness</b> (4/4)</p>	<p><b>22</b> 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 – <b>Women's Group</b> (Cards) 12:45 – 3:30 – Aikido 1:00 – 2:00 – <b>Zumba</b> 1:00 – 3:00 – Knitting Group 2:00 – 3:00 – <b>Chair Yoga</b></p>	<p><b>23</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (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 – <b>Plentiful Harvest Food Bank</b> (Sign Up with Lorna starts May 17) 1:00 – 3:00 – Art</p>	<p><b>24</b> 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 <b>1:00 – 3:00 – Bowling at Rose Bowl</b>  <u><b>AQUA FIT CANCELLED TODAY</b></u></p>
<p><b>27</b> 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 - Communication Skills Denial vs Truth 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 2:00 – <b>Recovery Strategies</b> 1:00 – 2:30 – Basketball in the Park 1:00 – 3:00 – Ceramic Lessons (4/6) 2:00 – 3:00 – <b>Mindfulness</b>  <u><b>AQUAFIT CANCELLED TODAY</b></u></p>	<p><b>28</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 12:00 – 12:30 – Basic Computer Knowledge <b>12:30 – 3:30 – Wellness Recovery (WRAP) (4/8)</b> <b>1:00 – 4:00 – Mental Health Connections Closed</b>  <u><b>YOGA CANCELLED TODAY</b></u></p>	<p><b>29</b> 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 – <b>Women's Group</b> (Bingo) 12:45 – 3:30 – Aikido 1:00 – 2:00 – <b>Zumba</b> 1:00 – 3:00 – Knitting Group 2:15 – 3:15 – Music Friendship Circle (Drumming)</p>	<p><b>30</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/6) 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Waterfront 1:00 – 3:00 – Art</p>	<p><b>31</b> 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 – Writing Group 1:00 – 3:00 – Independent Art &amp; Ceramics 1:00 – 3:00 – Games in Wigle Park</p>

# Mental Health Connections Program Highlights

**MENTAL HEALTH WEEK**

**May 6<sup>th</sup> – 10<sup>th</sup>**

**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.

**GREENVIEW AVIARIES**  
May 18th

**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.

**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**  
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.

**PHYSICAL FITNESS**  
Equipment Workout  
Aqua Fit  
Aerobics Bowling  
Zumba

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.