

**MENTAL HEALTH CONNECTIONS - January 2018 Program Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p align="center"><b>CLOSED for New Year's Day</b></p>	<p><b>2</b> 9:00 – 11:30 – Pottery 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>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 10:00 – 11:00 – Yoga 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</p>	<p><b>4</b> 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/4) Working with Underglaze 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba <b>11:00 – 11:45 – Budgeting 101 (1/4)</b> 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art</p>	<p><b>5</b> 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 – Yoga 1:00 – 3:00 – MR Meat/Joseph's Produce 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art &amp; Ceramics</p>
<p><b>8</b> 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 – Creating Change (Let's Get Real in 2018) 1:00 – 2:00 – WRAP Support &amp; Review <b>1:00 – 2:00 – Relationships – Communication Part Two</b> <b>1:00 – 3:00 – Christmas Un-decorating</b> 2:00 – 3:00 – Living with Diabetes</p>	<p><b>9</b> 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 <b>12:30 – 3:30 – Wellness Recovery (WRAP) (1/8)</b> 1:00 – 3:00 – Trip to Value Village 1:00 – 3:00 – Cooking 101 (Sign Up with Steve – Seating Limited)</p>	<p><b>10</b> 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 – Headband the Game 12:00 – 2:00 – Women's Group – Games 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga  7:00 – 9:30 – Family Support</p>	<p><b>11</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/4) Product Knowledge 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 <b>11:00 – 11:45 – Budgeting 101 (2/4)</b> 11:00 – 12:00 – Yoga 1:00 – 3:00 – Chimczuk Museum 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Art</p>	<p><b>12</b> 9:00 – 9:30 – Mental Aerobics ( ) 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Independent Art &amp; Ceramics  <b>*Aqua Fit is Cancelled Today*</b></p>
<p><b>15</b> 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Creating Change (Is Change Needed, Wanted or Both?) 1:00 – 2:00 – WRAP Support &amp; Review 1:00 – 3:00 – Wii Fit 2:00 – 3:00 – Living with Diabetes  <b>*Aqua Fit is Cancelled Today*</b></p>	<p><b>16</b> 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 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>17</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 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Pictionary 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p><b>18</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; 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 – 11:30 – Chair Exercises <b>11:00 – 11:45 – Budgeting 101 (3/4)</b> 1:00 – 3:00 – Art (Peer) <b>1:00 – 3:30 – Mission Food Bank</b> (Sign Up with Lorna starts Jan. 15)</p>	<p><b>19</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 – 1:00 – Consumer Meeting 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Home Repair</p>
<p><b>22</b> 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Euchre Tournament 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Creating Change (Positive Change Creates Positive Outcomes) 1:00 – 2:00 – WRAP Support &amp; Review <b>1:00 – 2:00 – Relationships – Letting Go &amp; Moving On</b> 1:00 – 3:00 – Ceramic Lessons (1/4) (Product Knowledge) 2:00 – 3:00 – Living With Diabetes</p>	<p><b>23</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba <b>10:00 – 11:30 – Mission Food Bank</b> (Sign Up with Lorna starts Jan. 17) 11:00 – 11:30 – Basic Life Skills 11:00 – 12:00 – Yoga <b>12:30 – 3:30 – Wellness Recovery (WRAP) (3/8)</b> <b>1:00 – 3:00 – Winter Walk at Ojibway</b> (Sign up with Angie – Space is Limited) 1:00 – 3:00 – Cooking with Kitchen (Staff)</p>	<p><b>24</b> 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 – Games 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p><b>25</b> 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting &amp; Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/4) 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 <b>11:00 – 11:45 – Budgeting 101 (4/4)</b> 11:00 – 12:00 – Yoga ( ) 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art</p>	<p><b>26</b> 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Euchre Tournament 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art &amp; Ceramics</p>
<p><b>29</b> 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Creating Change (Trust in the Process of Change) 1:00 – 2:00 – WRAP Support &amp; Review <b>1:00 – 2:00 – Relationships – Keeping Healthy Relationships Alive</b> 1:00 – 3:00 – Ceramic Lessons (2/4) Greenware Cleaning 2:00 – 3:00 – Living With Diabetes</p>	<p><b>30</b> 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 – 12:00 – Yoga 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></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 12:00 – 2:00 – Men's Group – Headband the Game 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p><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>	

# Mental Health Connections Program Highlights

## **WRAP** **Wellness Recovery** **Action Plan** Starting Tues. Jan. 9, 2018

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**.

**BUDGETING CLASS**. Learn how to budget your money.

Join the **COOKING CLASS** And learn new techniques and cooking on a budget.

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**.

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

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.