

MENTAL HEALTH CONNECTIONS - October 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 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 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Accepting Reality (Denial vs Acceptance) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Negative Feelings-Jealousy) 1:00 – 3:00 – Ceramic Lessons (1/6) Topic: Product Knowledge 2:00 – 3:00 – Living with Diabetes</p>	<p>2 9:00 – 10:00 – Circuit Training (Peer) 9:00 – 11:30 – Pottery 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (7/8) 1:00 – 2:00 – Expressive Art 1:00 – 3:00 – Trip to Ojibway 7:00 – (3:00 – Family to Family Education (2/12)</p>	<p>3 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (Find My Personality Type) 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – Discussion Laundry and Housekeeping Tips 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:00 – 3:00 – Chair Yoga</p>	<p>4 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/7) 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 – Trip to Walmart 1:00 – 3:00 – Art</p>	<p>5 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 11:00 – 11:30 – Wellness (1/4) 1:00 – 2:00 – Mindfulness – Self Compassion 1:00 – 3:00 – MR Meat/Joseph’s Produce 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>Closed for Thanksgiving</p>	<p>9 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Mission Food Bank (Sign Up with Lorna starts Sept. 5) 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 (3/12)</p>	<p>10 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (What Makes Me Happy) 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – Walk Wigle Park 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Drumming 7:00 – 9:30 – Family Support Meeting</p>	<p>11 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (7/7) Topic: UnderGlaze 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>12 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 11:00 – 11:30 – Wellness (2/4) 12:00 – 1:00 – Guest Speaker (HEP-C Outreach) 1:00 – 2:00 – Mindfulness- Self Reflection 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group - Outing 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>15 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 – Accepting Reality (Deal With the Facts) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Negative Feelings- Insecurity) 1:00 – 3:00 – Ceramic Lessons (2/6) Topic: Greenware Cleaning 2:00 – 3:00 – Living with Diabetes</p>	<p>16 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 10:00 – 11:00 – Nutrition 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (1/8) 1:00 – 2:00 – Expressive Arts 1:00 – 3:00 – Scrabble Game 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Cooking with Kitchen Staff 7:00 – 9:30 – Family to Family Education (4/12)</p>	<p>17 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (How to Feel Fulfilled in Life) 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – Pictionary 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:00 – 3:00 – Chair Yoga</p>	<p>18 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & 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 – Art 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts Sept. 17)</p>	<p>19 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 11:00 – 11:30 – Wellness (3/4) 12:00 – 1:00 – Consumer Meeting 1:00 – 2:00 – Mindfulness- Daily Mindful Practice 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group</p>
<p>22 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 – Accepting Reality (Process Personal Feelings) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Negative Feelings - Anger)/Frustration) 1:00 – 3:00 – Ceramic Lessons (3/6) Topic: Glaze 2:00 – 3:00 – Living with Diabetes</p>	<p>23 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 (5/12)</p>	<p>24 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Life Skills (Understanding My Learning Style) 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – Movie 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Drumming</p>	<p>25 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/6) Topic: Greenware Cleaning 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 the River 1:00 – 3:00 – Art</p>	<p>26 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 11:00 – 11:30 – Wellness (4/4) 1:00 – 2:00 – Mindfulness – Self Awareness 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Euchre Tournament 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>29 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 – Accepting Reality (Attitude of Gratitude) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Negative Feelings - Self Worth) 1:00 – 3:00 – Ceramic Lessons (4/6) Topic: Glaze 2:00 – 3:00 – Living with Diabetes Aquafit cancelled</p>	<p>30 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) 1:00 – 2:00 – Expressive Arts 1:00 – 3:00 – WFCU Nature Trail 7:00 – 9:30 – Family to Family Education (6/12)</p>	<p>31 9:00 – 3:30 – Games and Activities Halloween Party in Chatham Cost: \$5.00 Please see Lorna to Sign Up (Includes: Lunch; Costumes optional)</p>	<p>Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca</p>	

Mental Health Connections Program Highlights

Halloween Party in Chatham

Wednesday October 31

**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
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

**PHYSICAL
FITNESS**
Equipment Workout
Aqua Fit Open Gym
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.