

MENTAL HEALTH CONNECTIONS - November 2018 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 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/6) Topic: Under Glaze 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises (Steve) 1:00 – 3:00 – Trip to Walmart (Myles/Steve) 1:00 – 3:00 – Art (Peer)	2 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 9:45 – 11:15 – Equipment Workout 1:00 – 2:00 – Mindfulness (Self Inquiry) 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Independent Art & Ceramics <u>AQUAFIT IS CANCELLED</u>
5 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 – Relaxation 101 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Christmas Preparation (Financial Planning) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Living Positive) 1:00 – 2:00 – Living with Diabetes 1:00 – 2:15 – Ceramic Lessons (5/6) Topic: Glaze <u>AQUAFIT IS CANCELLED</u>	6 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 12:30 – 3:30 – Wellness Recovery (WRAP) (4/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (7/12)	7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 10:00 – Current Events 10:00 – 10:30 – Basic Social Skills (First Impressions) 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group (Discussion: How To Pamper Yourself) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)	8 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 – Chmiczuk Museum 1:00 – 3:00 – Art	9 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 12:00 – 12:30 – Guest Speaker (Narcotics Anonymous) 1:00 – 2:00 – Mindfulness (Chasing Thoughts) 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group - Outing 1:00 – 3:00 – Independent Art & Ceramics
12 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 – Relaxation 101 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Christmas Preparation (Meal Planning) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Leadership) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (6/6) Topic: Glaze	13 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 10:00 – 11:30 – Food Bank (Sign Up with Lorna starts Sept. 5) 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 2:00 – Expressive Art (Drama & Theater Games) 1:00 – 3:00 – Scrabble Game 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Cooking 101 Sign Up with Steve – Seating Limited 7:00 – 9:30 – Family to Family Education (8/12)	14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:00 – 9:30 – Current Events 9:45 – 11:15 – Equipment Workout 10:00 – 10:30 – Basic Social Skills (Humour) 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group (Karaoke) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:00 – 3:00 – Chair Yoga 7:00 – 9:30 – Family Support Meeting	15 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & 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 – Art 1:00 – 3:30 – Food Bank (Sign Up with Lorna starts Sept. 17)	16 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 12:00 – 1:00 – Consumer Meeting 1:00 – 2:00 – Mindfulness (Breathing) 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
19 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 – Relaxation 101 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Christmas Preparation (Gift Giving Expenses) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Overcoming Negative Emotions) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (1/6) Topic: Product Knowledge	20 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) (6/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (9/12)	21 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 Social Skills (Body Language) 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – (Pictionary) 12:45 – 3:30 – Aikido 1:00 – 2:00 – Zumba 2:15 – 3:15 – Music Friendship Circle (Drumming)	22 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 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Art	23 9:00 – 3:30 – Activities 9:00 – 2:00 – Trip to Colasanti’s Cost \$5.00 (Please see Lorna to sign up) (Lunch: pizza, fries and pop; Animal Show OR Miniature Golf)
26 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 – Relaxation 101 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Christmas Preparation (Social Planning) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies (Self Care) 1:00 – 2:00 – Living with Diabetes 1:00 – 3:00 – Ceramic Lessons (4/6) Topic: Glaze: Creating & Cleaning	27 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) (7/8) 1:00 – 2:00 – Expressive Art (Drama & Theater Games) 1:00 – 3:00 – Walk at Ojibway 1:00 – 3:00 – Cooking with Kitchen Staff 7:00 – 9:30 – Family to Family Education (10/12)	28 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 Social Skills (Active Listening) 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	29 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons 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 – Outlet Mall 1:00 – 3:00 – Art	30 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 12:00 – 1:00 – Guest Speaker – HEPC (Rola) 1:00 – 2:00 – Mindfulness (Practice Makes Peace) 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics

Mental Health Connections Program Highlights

Trip to Colasanti's
Friday November 23

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.