

Leamington Mental Health Connections – April 2019 Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Chair Exercises Discussion On Family Write Letters		Chair Exercises Discussion On Friends Good Friends / Boundaries	
8	9	10	11	12
	Chair Exercises Trivia Game		Chair Exercises Discussion On Travel Past / Future	
15	16	17	18	19
	Chair Exercises Holiday Preparations Easter Wreaths		Chair Exercises Easter Party Finish Wreaths	
22	23	24	25	26
	Chair Exercises Taking (calculated) Risks Identifying Whats Risky, Whats Not		Chair Exercises Life Lessons Lessons Learned	
29	30			
	Chair Exercises Hobbies How And Why To Have One			