

January 2019 - Mental Health Connections Leamington Calendar

TUE 1	New Year's Day! Holiday	THURS 3	Chair Exercises Gratitude Journaling
TUE 8	Chair Exercises Graciousness Sock Snowman	THURS 10	Chair Exercises New Year's Resolutions Plan Vision Boards / Journaling
TUE 15	Chair Exercises Vision Boards Assemble Boards	THURS 17	Chair Exercises Trivia Time Games
TUE 22	Chair Exercises Self Esteem Self Esteem Exercises	THURS 24	Chair Exercises Self Esteem Self Esteem Exercises Cont.
TUE 29	Chair Exercises Vision Board Goals	THURS 31	Chair Exercises Effects of Body Language Practice / Improv

Mental Health Connections Leamington
Princess Centre
33 Princess Street, 4th Floor
Leamington, ON N8H 5C5
519-256-4854