

## Leamington Mental Health Connections – July 2019 Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Chair Exercises  Discussion On Canada  Make Canada Flags	3	4 Chair Exercises  Discussion On Independence  Journaling	5
8	9 Chair Exercises  Discussion On Routines  Make A Routine Chart	10	11 Chair Exercises  Discussion On Inner Beauty  Play Pictionary	12
15	16 Chair Exercises  Discussion On Photography  Make A Photo Collage	17	18 Chair Exercises  Discussion On Expectations  Journaling	19
22	23 Chair Exercises  Discussion On Hope  Sketching	24	25 Seacliff Park  Picnic Lunch (come self contained)	26
29	30 Chair Exercises  Discussion On Balance  Balancing Game			