

Leamington Mental Health Connections – March 2020 Program Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|-----------|---|--------|
| 2 | 3 Chair Exercises Discussion On Expression Art Project | 4 | 5 Chair Exercises Discussion On Emotions Writing / Poetry | 6 |
| 9 | 10 Chair Exercises Discussion On Personal Daily Maintenance Journaling | 11 | 12 Chair Exercises Discussion On Relaxation Practice Relaxing Techniques | 13 |
| 16 | 17 Chair Exercises Discussion On St. Patrick's Day Celebrate | 18 | 19 Chair Exercises Discussion On Spring Cleaning Make A Goal's Chart | 20 |
| 23 | 24 Chair Exercises Discussion On The Effects Of Anger Journaling | 25 | 26 Chair Exercises Discussion On Scams True Or False Game | 27 |
| 30 | 31 Chair Exercises Discussion On Integrity Improve/Acting | | | |