

Leamington Mental Health Connections – March 2019 Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4	5 Chair Exercises Identifying Needs vs. Wants Journaling	6	7 Chair Exercises Emotional Strength Practical Exercises	8
11	12 Chair Exercises Self Esteem Journaling	13	14 Chair Exercises St. Patrick's Day Party Exploring Ireland	15
18	19 Chair Exercises Spring Cleaning Spring Flower Pots	20	21 Chair Exercises Personal Growth Spring Flower Pots Cont.	22
25	26 Chair Exercises Painting With Jo Anne	27	28 Chair Exercises Fears Journaling	

