

Leamington Mental Health Connections – June 2019 Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	<p>4</p> <p>Chair Exercises</p> <p>Discussion On Being Positive</p> <p>Vision Boards</p>	5	<p>6</p> <p>Chair Exercises</p> <p>Discussion On Summer Plans</p> <p>Create With Clay</p>	7
10	<p>11</p> <p>Chair Exercises</p> <p>Discussion On Triggers</p> <p>Pebble Art</p>	12	<p>13</p> <p>Chair Exercises</p> <p>Fathers Day Celebration</p> <p>Share Positive Memories</p>	14
17	<p>18</p> <p>Chair Exercises</p> <p>Discussion On Friendship</p> <p>Trivia</p>	19	<p>20</p> <p>Chair Exercises</p> <p>Discussion on Improving Memory</p> <p>Memory Game</p>	21
24	<p>25</p> <p>Chair Exercises</p> <p>Discussion On Recycling</p> <p>Recycled Crafting</p>	26	<p>27</p> <p>Chair Exercises</p> <p>Discussion On Integrity</p> <p>Journaling</p>	28