

Leamington Mental Health Connections – September 2019 Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Chair Exercises Discussion On Control Improv / Acting	4	5 Chair Exercises Discussion On Guilt/Shame Journaling	6
9	10 Chair Exercises Discussion On Kindness Make Coupon Books	11	12 Chair Exercises Discussion On Being Careful vs Full Of Cares Drawing / Art	13
16	17 Chair Exercises Discussion On Acceptance Write An Acceptance Speech	18	19 Chair Exercises Discussion On Loving Yourself Write A Love Letter	20
23	24 Chair Exercises Discussion On The Power Of Words Word Quiz (Definitions)	25	26 Chair Exercises Discussion On Forgiveness Journaling	27
30				