

MENTAL HEALTH CONNECTIONS June 2022 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13 9:15 am-10:00 am- Social in Kitchen 9:30am-10:30am- Fitness (In Person) Pool Room 10:30am-11:30am- Nutrition (In Person) Art Room 11:00am – 12:00pm – Recovery Strategies (Depression & Coping Skills) (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm – 2:00 pm – Mind over Matter Triggers & Cognitive Distortions) (Virtual) 1:30pm-2:30pm- Fitness (Virtual) 2:00 pm – 3:00 pm – Mindfulness (Meditation) (Virtual) 3:10 pm – 3:40 pm – ZUMBA Gold Seated (Virtual)</p>	<p>14 9:15am-10:00am- Social in Kitchen 9:30am-10:30am – Anxiety (In Person) Art Room 10:30am-11:30am- Yoga (In Person) Pool Room 10:30am-11:30am- Anxiety (Virtual) 12:00 pm – 1:00 pm – Co-dependency (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm – 2:00 pm – Understanding Diagnosis (Panic Disorders) (Virtual) 1:00 pm – 3:00 pm – Leamington Group (Virtual) 2:00pm-3:00pm- Chair Exercise (In person) Pool Room 3:00 pm – 4:00 pm – Social Skills (Communication & Building Relationships) (Virtual)</p>	<p>15 9:15am-10:00am- Social in Kitchen 9:30am-10:30am- Fitness (In Person) Pool Room 10:30am-11:30am – Writers Group (In Person) Art Room 11:00am-12:00pm- Nutrition (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00pm-3:00pm- Art (In Person) Art Room 1:30pm-2:30pm- Fitness (Virtual) 2:00 pm – 2:30pm- Zumba – In Person (Pool Room)</p>	<p>16 9:15am-10:00am- Social in Kitchen 10:00 am – 11:00 am – Reflective Self Care (Journaling & Inner Work) (Virtual) 11:00 am – 12:00 pm – Yoga (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm- 2:00 pm - Knitting(In Person) Art Room 2:00 pm – 3:00 pm – Games and Socializing (Virtual)</p>	<p>17 9:15am-10:00am- Social in Kitchen 9:30am-10:30am- Fitness (In Person) 10:30-11:30 – Self Esteem (In Person) Art Room 11:30am-12:30pm- Self Esteem- (Virtual) 12:00 pm – 12:45 pm – ZUMBA Gold Toning and LaBlast (solo ballroom dancing) (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:30pm-2:30pm- Fitness (Virtual)</p>
<p>20 9:15 am-10:00 am- Social in Kitchen 9:30am-10:30am- Fitness (In Person) Pool Room 10:30am-11:30am- Nutrition (In Person) Art Room 11:00 am – 12:00 pm – Recovery Strategies (Depression & Coping Skills) (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm – 2:00 pm – Mind over Matter Triggers & Cognitive Distortions) (Virtual) 1:30pm-2:30pm- Fitness (Virtual) 2:00 pm – 3:00 pm – Mindfulness (Meditation) (Virtual) 3:10 pm – 3:40 pm – ZUMBA Gold Seated (Virtual)</p>	<p>21 9:15 am-10:00 am- Social in Kitchen 9:30am-10:30am – Anxiety (In Person) Art Room 10:30am-11:30am- Yoga (In Person) Pool Room 10:30am-11:30am- Anxiety (Virtual) 12:00 pm – 1:00 pm – Co-dependency (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm – 2:00 pm – Understanding Diagnosis (Panic Disorders) (Virtual) 1:00 pm – 3:00 pm – Leamington Group (Virtual) 2:00-3:00- Chair Exercise (In person) Pool Room 3:00 pm – 4:00 pm – Social Skills (Communication & Building Relationships) (Virtual) 7:00-8:30- Book Club (Virtual)</p>	<p>22 9:15 am-10:00 am- Social in Kitchen 9:30am-10:30am- Fitness (In Person) Pool Room 10:30am-11:30am – Writers Group (In Person) Art Room 11:00am-12:00pm- Nutrition (Virtual) 12:30pm-1:15pm- Social in Kitchen 12:45-1:15- Zumba (In Person) Pool Room 1:00pm-3:00pm- Art (In Person) Art Room 1:30pm-2:30pm- Fitness (Virtual)</p>	<p>23 9:15 am-10:00 am- Social in Kitchen 10:00 am – 11:00 am – Reflective Self Care (Journaling & Inner Work) (Virtual) Art 11:00 am – 12:00 pm – Yoga (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm- 2:00 pm - Knitting(In Person) Art Room 6:30-8:30- Paint Night- (Virtual)</p>	<p>24 9:15 am-10:00 am- Social in Kitchen 10:30-11:30 – Self Esteem (In Person) Art Room 11:30-12:30- Self Esteem- (Virtual) 12:00 pm – 12:45 pm – ZUMBA Gold Toning and LaBlast (solo ballroom dancing) (Virtual) 12:30pm-1:15pm- Social in Kitchen</p>
<p>27 9:15 am-10:00 am- Social in Kitchen 9:30-10:30 - Mind over Matter Triggers & Cognitive Distortions) (In Person) 11:00 am – 12:00 pm – Recovery Strategies (Depression & Coping Skills) (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm – 2:00 pm – Mind over Matter Triggers & Cognitive Distortions) (Virtual) 2:00-3:00- Co Dependency (In Person) Art Room 3:10 pm – 3:40 pm – ZUMBA Gold Seated (Virtual)</p>	<p>28 9:15 am-10:00 am- Social in Kitchen 9:30am-10:30am- Anxiety (In Person) Art Room 10:30-11:30- Anxiety (Virtual) 10:30am-11:30am- Yoga (In Person) Pool Room 12:00 pm – 1:00 pm – Co-dependency (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm – 2:00 pm – Understanding Diagnosis (Panic Disorders) (In Person) Art Room 1:00 pm – 3:00 pm – Leamington Group (Virtual) 3:00 pm – 4:00 pm – Social Skills (Communication & Building Relationships) (Virtual)</p>	<p>29 9:15 am-10:00 am- Social in Kitchen 10:30am-11:30am – Writers Group (In Person) Art Room 12:30pm-1:15pm- Social in Kitchen 12:45-1:15- Zumba (In Person) Pool Room 1:00pm-3:00pm- Art (In Person) Art Room</p>	<p>30 9:15 am-10:00 am- Social in Kitchen 9:30am-10:30am- Understanding Triggers (In Person) Pool Room 10:30am-11:30am- Reflective Self Care (In Person) Art Room 11:00 am – 12:00 pm – Yoga (Virtual) 12:30pm-1:15pm- Social in Kitchen 1:00 pm- 2:00 pm - Knitting(In Person) Art Room 1:00 pm- 2:00 pm – Reflective Self Care (Journaling & Inner Work) (Virtual)</p>	<p>Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca</p>