





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2	3	4	5	6	7
<p style="text-align: center;">MHNCK Closed Easter Monday</p>	10:00 The Breakfast Club 10:30 Community Walk <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Minute to win it <i>with Jeff</i> 11:00 Zentangle <i>with Sam</i> 1:00 Wal-Mart Shopping Trip 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Self Awareness <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Shyness & Social Anxiety Group <i>with Sarah</i>	10:00 Lunch Prep <i>with Mark</i> 10:30 Walking Club <i>with Sarah</i> 11:00 Card Making <i>with Sharon</i> 12:00 Community Kitchen Free Lunch! 1:00 Family Feud <i>with Jeff</i>	Breakfast served at First Presbyterian Church 9:30-11am 8
	10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group)	10:00 The Breakfast Club 10:30 Minute to win it! <i>with Jeff</i> 11:00 Horticulture <i>with Sam</i> 12:30 Uno! 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Walking Club <i>with Jenny</i> 11:00 Body Wise Challenge <i>with Jenny</i> 1:00 Farmer's Market Trip 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Self Awareness <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Shyness & Social Anxiety Group <i>with Sarah</i>	10:00 Lunch Prep <i>with Mark</i> 10:30 Walking Club <i>with Sarah</i> 11:00 Brain Games <i>with Jenny</i> 12:00 Community Kitchen Free Lunch! 1:00 Painter's Corner <i>with Sam</i>
9	10	11	12	13	14
16	17	18	19	20	21
10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny & Sam</i> 1:30 Hope and Recovery (hospital group)	10:00 The Breakfast Club 10:30 Minute to win it! <i>with Jeff</i> 11:00 Art <i>with Sam</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Walking Club <i>with Jenny</i> 11:00 Diabetes Education Session with Jennifer S. 1:00 Come to Mudd Creek and feed the ducks 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Self Awareness <i>with Jeff</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Shyness & Social Anxiety Group <i>with Sarah</i> 7:00-9:00 Family Support Group	10:00 Lunch Prep <i>with Mark</i> 10:30 Walking Club <i>with Sarah</i> 11:00 Card Making <i>with Sharon</i> 12:00 Community Kitchen Free Lunch! 1:00 Bingo!	Breakfast served at First Presbyterian Church 9:30-11am 22 
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30
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WHAT'S HAPPENING IN CHATHAM-KENT?

Every Tuesday at 2pm - Movies at your Public Library
 April 13-15 - Dog Show - Erickson Arena- Admission \$5.00
 April 27 - Earth Day!

Save the date: Come and celebrate the start of Mental Health Awareness Week on Monday, May 7, with our annual Flag Raising & BBQ at the Civic Center! Saturday, May 12 - Help STOMP out Stigma with our 6th annual Run For Mental Health. Run/Walk starts at 10am in Kingston Park. visit www.mhnck.com for details.



General Members Meeting



A chance for all members to come together and receive updates about what is going on at MHN. Also an opportunity to give your input!

Zentangle

The Zentangle Method is an easy to learn, fun and relaxing way to create beautiful images by drawing simple structured patterns.

Guided Meditation

Take time out today to meditate! Together we will learn how meditation adds value to our lives.

NEW! Shyness & Social Anxiety

Do you get anxious in certain social situations? Learn about the signs and symptoms of social anxiety disorder & the difference between being shy and social anxiety. Develop coping strategies to help you in these situations.

Self-Awarness

Get to know your story and why you feel the way you feel, behave the way you behave, and think the way you think; all the while moving towards greater self-acceptance and a better understanding of what you need and want.

Sit & Stretch

A new fitness program that will help you increase your range of motion, strengthen muscles and condition your entire body!

Women's Group with Sarah

A support group for women of all ages. Join women from our community who understand.

Local Shopping

What's more fun than shopping...SHOPPING WITH FRIENDS! Join us as we travel to a local destination of intrest!

Young Minds

Are you between 16-35? If so this group is for you! A support group where friends can share experiences, meet, hang out, and have fun! Come join us. WE LIVE IT, WE GET IT

Cards with Sharron

This creative group will teach you how to make beautiful handmade cards for any occasion!

Pet Therapy Dog Visits

St. John Ambulance therapy dogs come to visit the first and third Tuesday of every month. Come out and feel the love from our furry friends!

Men's Group with Jose

A support group for men of all ages. Join men from our community who understand.

Health Education Session

Janice Dudley a Nurse from CKHA who teaches techniques and strategies for healthy living and personal care.

Brain Games

Did you know that playing games can help keep your mind sharp....while having fun? Give your brain a workout by playing fun games that sharpen your mind. Challenge yourself and your abilities.

Body Wise

This group is for anyone wanting a healthier food and body connection. Topics about body image, our relationship with food, support for your diet etc. You don't have to do it alone!!

Run For Mental Health

6th Annual Run for Mental Health will take place on Saturday May 12 at Kingston Park! Join us as we STOMP out stigma together. Call Jenny for details 519-351-3100.

Knot Just Yarn!

Crafty space for all. Enjoy great cup of coffee/tea and get creative! Bring your current project, start a new one! Knit, crochet, beading, needlework or any craft.Want to learn?Your peers can help you!

Community Walk

This is an excellent choice if you are new to fitness. Regular exercise boosts energy, reduces stress, improves sleep, improves flexibility, and so much more. If you're ready to reap the benefits of a healthy, active lifestyle, This group is for you!

Creative Colouring

Benefits of Colouring for Adults: Stress & anxiety levels have the potential to be lowered. Negative thoughts diminish as you take in positivity. Focusing on the present helps you achieve mindfulness. Unplugging from technology promotes creation over consumption. It's a hobby that can be taken with you wherever you go

Diabetes Education Sessions

Jennifer Smith a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.

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www.mhnck.com

"Supporting those whose lives are affected by mental illness through their journey of hope and recovery "

