

Program Calendar












10:00 – 2:00



December 2017



71 Raleigh St.
Chatham, ON
N7M2M9
519-351-3100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	Upcoming Events: Dec. 4 - Christmas Shopping Trip in Windsor Dec. 6 - Deck the Halls at MHNCK! Dec. 15- Annual Christmas Sing-a-long at MHNCK Dec. 19 - Good Fellows Food Basket Delivery 7:30pm - Free Christmas Concert, Capitol Theatre Dec. 22 - MHNCK Annual Christmas Party!!			1	2
				 10:00-2:00 Deck the Halls! Christmas Decorating of MHN Join us as we pick out our tree, decorate, listen to music, hot chocolate and Christmas goodies!	Breakfast served at First Presbyterian Church - 9:30-11am 3
4	5	6	7	8	9
 Bus Trip to the Windsor Mall Christmas Shopping Please Sign Up for this Event! 9:30-2:30 Cost: \$2.00 & spending money	10:00 News & Views Breakfast Club 10:30 Quick Draw! 11:00 Anxiety Group <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> 2:00 WRAP with Jeff	10:00 The News & Views Breakfast Club 10:30 Christmas Village Creation 11:00 Staying Mentally Healthy during the holidays <i>with Jenny</i> 12:00 Free Lunch! 1:00 Shopping Trip to the Christmas Warehouse (cash only store) 2:15 Young Minds <i>with Jeff</i>	Lord of the Disney  Please Sign up for this event limited seating available! Pizza to follow. Cost: \$5.00	10:00 Morning Social 10:30 Christmas Village Creation 10:30 Cooking Club 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Christmas Classics - Movie	Breakfast served at First Presbyterian Church 9:30-11am 10
11	12	13	14	15	16
10:00 News & Views Breakfast Club 10:30 Body Wise Challenge <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 12:30 Christmas Village Creation 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group)	10:00 News & Views Breakfast Club 10:30 Quick Draw! 11:00 Anxiety Group <i>with Jeff</i> 12:30 Christmas Village Creation 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i> 2:00 WRAP with Jeff	10:00 The News & Views Breakfast Club 10:30 Christmas Village Creation 11:00 Staying Mentally Healthy during the holidays <i>with Jenny</i> 12:00 Free Lunch! 1:00 Christmas Comedy Hour! 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Glasshouse Nursery Tour 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	10:00 Morning Social 10:30 Christmas Village Creation 10:30 Cooking Club 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Christmas Sing-a-long	Breakfast served at First Presbyterian Church 9:30-11am 17
18	19	20	21	22	23
10:00 News & Views Breakfast Club 10:30 Body Wise Challenge <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! <i>with Sarah</i> 12:30 Christmas Classic - Movie 1:30 Hope and Recovery (hospital group)	10:00 News & Views Breakfast Club 10:30 Quick Draw! 11:00 Anxiety Group <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> 2:00 WRAP with Jeff	10:00 The News & Views Breakfast Club 10:30 Christmas Village Creation 11:00 Diabetes Education Session with Jennifer S 12:00 Free Lunch! 1:00 Merry Bingo!! 2:15 Young Minds Christmas Party!	10:00 The News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Christmas Traditions <i>with Jenny</i> 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i> 7:00-9:00 Family Support Group	 MHN Christmas Party! 11:30-2:00 Must have a ticket to attend	Breakfast served at First Presbyterian Church 9:30-11am 24
25	26	27	28	29	30
 MHNCK Closed	 MHNCK Closed	 MHNCK Closed	 MHNCK Closed	Holiday Fun and Games At Hope House MHNCK open from 10-2	Breakfast served at First Presbyterian Church 9:30-11am 31 

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!



Staying Mentally Healthy During the Holidays

How to Thrive-Not Just Survive the Holiday Season. If the sights & sounds of Christmas evoke dread, anxiety or depression, you're not alone. Learn some tools to help set healthy boundaries, and deal with the loneliness, stress of the holiday season.

Zentangle

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



Anxiety Group with Jeff

Learn the signs of anxiety and how personality traits, negative thinking and core beliefs contribute to it.

Guided Meditation

Take time out today to meditate! Together we will learn how meditation adds value to our lives, and practice the art of meditation.

Women's Group with Sarah

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

Christmas Classic Movie

These Christmas movies will get you in the mood for the holidays, year after year! There is no better way to enjoy a classic than with friends and popcorn!



Christmas Traditions

Find out about the history of Christmas Customs and Christmas Traditions. How Traditions and Customs started and how they are celebrated. The history behind Christmas!

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 fur 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.

Christmas Village Creation

Join us as we work together to build a Christmas Scene. Tickets will be available for one lucky member to win the Christmas Village. Draw will be held at our Annual Christmas Party!

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!!



Quick Draw!

A friendly drawing and guessing game similar to Pictionary. Anyone can participate and join the fun, no artistic skills required.



Knot Just Yarn!

Crafty space for all where you can enjoy great cup of coffee/tea and get creative! Bring your current project you're working on, or 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"

