



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>WHAT'S HAPPENING IN CHATHAM-KENT? November 3,4 – Craft Show at the Health Plex 10-4pm \$4 admission November 16-Chatham Santa Claus Parade! 6:30pm November 24 at 2pm-Chatham Public Library-free legal information workshop regarding Wills, Estate Planning, and Power of Attorney. November 28- Tilbury Talks about Depression 7-9 at D.S. Moffat Memorial Church in Tilbury ***Save the Date***December 3 – Windsor Shopping Bus Trip!</p>			1	2	3
			<p>10:00 The News & View Breakfast Club 10:45 Chair Yoga <i>with Jenny</i> at the Health Plex 11:00 Creative Colouring <i>with Jenny</i> 1:00 Coping with Anger <i>With Jeff</i></p>	<p>10:15 Cooking Club 10:30 Coupon Clippers <i>with Sarah</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Karaoke <i>with Jeff</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>4 </p>
5	6	7 <i>St. Ursula Parish Meal 4:30-5:30pm</i>	8	9	10
<p>10:00 The News & View Breakfast Club 10:30 MHNCK Carollers <i>with Brett</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 How to make a grocery list <i>with Sarah</i> 1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</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> 2:10 WRAP <i>with Jeff</i></p>	<p>10:00 The News & Views Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Zentangle <i>with Sam</i> 12:00 Pepperoni Pizza pre-order by 11am 12:30 Grocery Store Shopping please sign up for and see back for details</p>	<p>10:00 The News & View Breakfast Club 10:45 Functionally Fit <i>with Jenny</i> at the Health Plex 11:00 Sketching <i>with Sam</i> 1:00 Coping with Anger <i>With Jeff</i></p>	<p>10:15 Cooking Club 10:30 Remembrance Day Activities 11:00 Craft Connection <i>with Sam</i> 12:00 Community Kitchen Free Lunch! 1:00 5-Pin -cost \$2.00</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>11 Remembrance Day</p>
12	13	14	15	16	17
<p>MHNCK Closed for Remembrance Day</p>	<p>10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i> 2:10 WRAP <i>with Jeff</i></p>	<p>10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Diabetes Education Session with Jennifer S. 1:00 Wii Tournament <i>with Sam/Jeff</i></p>	<p>Please Register Early for this event Limited Seating!</p> <p>7:00-9:00 Family Support Group</p>	<p>10:15 Cooking Club 10:30 Community Walk 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Zentangle <i>with Sam</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>18 Hot Meal served at Emmanuel Baptist Church 4-5pm</p>
19	20	21 <i>St. Ursula Parish Meal 4:30-5:30pm</i>	22	23	24
<p>10:00 The News & View Breakfast Club 10:30 MHNCK Carollers <i>with Brett</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group</p>	<p>10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 ♥ The Skin Your In <i>with Jenny</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> 2:10 WRAP <i>with Jeff</i></p>	<p>10:00 The News & Views Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Staying Mentally Healthy during the holidays <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Wii Tournament <i>with Sam/Jeff</i></p>	<p>10:00 The News & Views Breakfast Club 10:30 Brian Games 11:20 Lunch-please bring your lunch to have before going to the show 12:00 A Christmas Carol: The Musical-Capitol Theatre-\$5.00 per person </p>	<p>10:15 Cooking Club 10:30 Community Walk 11:00 Lunch n' Learn with Robert from Medical Place Pharmacy 1:00 5-Pin Bowling -cost \$2.00</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>25</p>
26	27	28	29	30	1
<p>10:00 The News & View Breakfast Club 10:30 MHNCK Carollers <i>with Brett</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Bingo! 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group</p>	<p>9:45 Share the Truth-Marijuana Education workshop at the CHC 10:15 Guided Meditation <i>with Sam</i> 11:00 Brain Games 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i> 2:10 WRAP <i>with Jeff</i></p>	<p>10:00 The News & Views Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Staying Mentally Healthy during the holidays <i>with Jenny</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Wii Championship! Prizes! <i>with Sam/Jeff</i></p>	<p>10:00 The News & View Breakfast Club 10:45 Sculpt Class <i>with Jenny</i> at the Health Plex 11:00 Sketching <i>with Sam</i> 1:00 Coping with Anger <i>With Jeff</i></p>	<p>10:15 Cooking Club 10:30 Community Walk 11:00 Craft Connection <i>with Sam</i> 12:00 Community Kitchen Free Lunch! 1:00 Karaoke <i>with Jeff</i> 2:30 Holiday Train see back for details</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>2</p>

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!

Functionally Fit
This unique class is designed to help keep you active even if you have limited mobility. This class is taught seated at the Health Plex. Pre-registration required.

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

Fall Trips
We have a variety of trips throughout the fall. Be sure to check them out and sign up early as these trips fill up fast!

WRAP
This 12 week course starts Oct. 2 from 2:10-3:30pm. If you are interested in registering please call/email Jeff: jeff@mhcnk.com (519)351-3100.

Chair Yoga
A yoga class designed for all ages as all postures can be done from a seated or standing position. This class is taught at the Health plex. Pre-registration required.

Women's Group with Sarah
A support group for women of all ages. Join women from our community who understand.

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

The Craft Connection
Join us for an art project that is fun and requires no talent! Just a willingness to try.

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!

The Holiday Train
Join us on November 30 for the beautifully lit train and incredible show that supports local food banks. We will go together but we will depart for home from the show.

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.

♥ The Skin Your In
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!!

Free2BMe
This group will provide a safe space for youth (16-25) who are part of the LGBTQ+ community and their allies. Exciting activities, conversations, games, crafts, learning and more!

Coping with Anger
Come and join us as we learn what Anger is and is not, what are some common myths about anger, different styles of anger and healthy strategies for coping with anger.


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!

Music Appreciation
Enjoy music? Join Jeff as he leads a group of music appreciation. Music is a wonderful way to express feelings and to use for relaxation and enjoyment.

Diabetes Education Sessions
Jennifer Smith, a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.

71 Raleigh St.
Chatham, ON N7M 2M9
Phone 519-351-3100 Fax 519-351-3400
www.mhcnk.com

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



Free 2B Me!

Are you between the ages of 16 and 25?

Do you identify as LGBT2SQ

Or are you interested in becoming a better ally?

Come out to Free 2 B Me!

Hope House welcomes you to weekly meetings where you'll find friends, fun, support and a safe, non judgemental place to hang out and be yourself.

**Join us every Monday from 4-6pm
beginning November 19th**

Drop in for coffee, conversation, games, crafts, learning, and more!

71 Raleigh St.
Chatham, ON.



Questions?

Contact Sam at

519-351-3100