










MAY 2023 "Mental Health Awareness"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN  1:00pm - 2:30pm <i>Focus: Open Discussion</i></p>	<p>2 CLIENT MEETING  10:00am - 11:00am <i>FAMILY & FRIENDS EVENT - VIRTUALLY</i></p> <p>GROUP RELAXATION SPACE NAME Announcement Today! </p> <p>BRAIN WORK OUT 11:00am - 12:00 pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 12:30pm</p> <p>BAKING CHALLENGE 1:00pm - 2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>3</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CHECK IN & CHAT 10:30am - 11:00am</p> <p>VIRTUAL TRIVIA 1:00pm - 2:00pm <i>(May Jeopardy)</i></p>	<p>4 THEME THURSDAY <i>Current Events & Open Discussion</i> 10:00am - 11:00am</p> <p>GET MOVING 11:00am—12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>MENTAL HEALTH MINDSET  (Meditation & Mindfulness) 1:00pm - 3:00pm</p>	<p>5 CREATIVE EXPRESSION <i>PROJECT: Pressed Flower Art</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>Karaoke</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT  <i>Cinco de Mayo</i> 6:00pm—7:00pm</p>
<p>8 SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN  1:00pm - 2:30pm <i>Focus: Empowering Women</i></p>	<p>9 BOWLING @ MOUNTAIN LANES  <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am—11:30am \$9.00 for bowling & shoes</p> <p>TACO TUESDAY Lunch @ GROUP (\$5.00) 12:00pm - 1:00pm</p> <p>BINGO @ GROUP 1:00pm—2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>10</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p>VIRTUAL CLINIC WEDNESDAY 11:00am - 11:30 am <i>Nursing Presentation with Sonia : Blood Pressure</i></p> <p>VIRTUAL VACATIONS 1:00pm - 2:00pm <i>(Tokyo)</i></p>	<p>11 GROUP CLOSED FOR THE MORNING</p> <p>THEME THURSDAY <i>May Jeopardy</i> 11:30am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>MENTAL HEALTH MINDSET  (Meaningful Movement) 1:00pm - 3:00pm</p>	<p>12 CREATIVE EXPRESSION <i>PROJECT: Mandela Dot Painting</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>Dutch Blitz</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT  <i>Healthy Snacking/Baking</i> 6:00pm—7:00pm</p>

For Information, Contact a GROUP STAFF

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CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM

CASE COORDINATION










Both Virtual & In-PERSON 



Head Injury Rehabilitation Ontario

A Promise of Hope After ABI

MAY 2023 "Mental Health Awareness"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: What is Mental Health</i></p> 	<p>16 CLIENT PRESENTATION <i>(Kevin - Cartoon Sketching Techniques)</i> 10:00am - 11:00am</p> <p>PET THERAPY - Baby Goat Visit 11:00am - 12:00pm</p> <p>PIZZA LUNCH @ GROUP (\$5.00) 12:00pm - 1:00pm</p> <p>MUSIC THERAPY With Kristen Anderson 1:00pm - 2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>17</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CHECK IN & CHAT 10:30am - 11:00am</p> <p>VIRTUAL CREATIVE EXPRESSIONS 1:00pm—2:00pm <i>(Mandela Colouring)</i></p>	<p>18 THEME THURSDAY <i>Pool Tournament</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>MENTAL HEALTH MINDSET <i>(Medication Management)</i> 1:00pm - 3:00pm</p> 	<p>19 CREATIVE EXPRESSION <i>PROJECT: Paint by Number</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>Mario Kart on the Switch</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT <i>Baseball Trivia and Games</i> 6:00pm—7:00pm</p> 
<p>22</p> <p>GROUP CLOSED FOR VICTORIA DAY</p> 	<p>23</p> <p>WALK, PICNIC & TYE DYE @ GAGE PARK <i>1000 Main St. - Meet in the Parking Lot off of Lawrence rd.</i> 11:00am - 2:00pm</p> <p>Cost: \$5.00 Lunch</p> <p><u>Meet Group at the Park for 11:00 or leave with group at 10:00 am</u></p> <p>*Please arrange for pick up from Gage Park</p> 	<p>24</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p>VIRTUAL CHECK IN & CHAT 10:30am - 11:00am</p> <p>VIRTUAL DOCUMENTARIES 1:00pm - 2:00pm <i>(The Power of Thought)</i></p>	<p>25 THEME THURSDAY <i>Mental Health Art Expression</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>MENTAL HEALTH MINDSET <i>(Memorable Moments)</i> 1:00pm - 3:00pm</p> 	<p>26 CREATIVE EXPRESSION <i>PROJECT: Positivity Rocks</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>Community Walk</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT <i>Recipe for Happiness</i> 6:00pm—7:00pm</p> 
<p>29</p> <p>CLOSED FOR THE MORNING</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Relaxation and Mental Well Being</i></p> 	<p>30</p> <p>INCLUSION COFFEE HOUSE <i>876 Cannon St. 11:00am—12:00pm</i> *Join us for a Coffee and Cards, meet group at 10:00am to take the bus</p> <p>SWIMMING @ Bernie Morelli 12:00 pm—1:30 pm <u>Take the Bus with Group Staff</u> Cost: \$1.00 to Swim * SIGN UP REQUIRED *</p> 	<p>31</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CHECK IN & CHAT 10:30am - 11:00am</p> <p>VIRTUAL SHORT STORY REFLECTION 2:00pm - 3:00pm <i>(Stories of Accessibility)</i> RED SHIRT DAY</p>	<p>MENTAL HEALTH MINDSET</p> <p>THURSDAYS @ 1:00PM - 3:00PM</p> <p>Sonia (Resource Nurse) and Beth (Recreation Therapist) will be offering a 4 week Mental Health Awareness workshop.</p> <p>Each week we will talk about a new topic and participate in an interactive activity</p> <p>Email Beth (bastles@hiro.ca) for information or to Sign up</p> 