






















October 2025— Mental Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div><div>Head Injury Rehabilitation Ontario</div></div>	<div></div> <div>All Group Programming is for <u>Registered Clients</u> of Head Injury Rehabilitation Ontario.</div>	1 <div><div>PRE-REGISTERED PROGRAMS</div></div>	2 <div><div>CULTIVATING GRATITUDE: AWARENESS</div><div>10:30am—12:00pm</div><div></div><div>BRING YOUR OWN LUNCH @ GROUP</div><div>12:00pm - 1:00pm</div><div>TAI CHI WITH CERTIFIED INSTRUCTOR</div><div>1:00PM—2:00PM</div><div>DROP IN</div><div>2:00pm - 3:00pm</div></div>	3 <div><div>CREATIVE EXPRESSION</div><div>Collaborative Art: Gratitude Tree</div><div>10:00am - 12:00pm</div><div>BRING YOUR OWN LUNCH @ GROUP</div><div>12:00pm - 1:00pm</div><div>“THIS OR THAT”: COPING STRATEGIES</div><div>1:00pm - 2:00pm</div><div></div><div>DROP-IN</div><div>2:00pm - 3:00pm</div></div>
6 <div><div>MEN2MEN</div><div>When A Compliment Becomes Uncomfortable: Navigating Respectful Communication</div><div>10:00am - 11:30am</div><div>WOMEN2WOMEN</div><div>Gratitude Awareness with Collaborative Art</div><div>1:00pm - 2:30pm</div><div><div>In-person or Virtual</div></div></div>	7 <div><div>CONNECTING WITH NATURE @ GAGE PARK</div><div>10:00am - 11:30am</div><div>Meet group @ the Greenhouse</div><div>Enjoy a walk and greenhouse visit.</div><div>LUNCH @ GROUP \$5</div><div>Meal: Roast Beef Sandwich &amp; Soup</div><div>12:00pm - 1:00pm</div><div>CLIENT MEETING</div><div>1:00pm-2:00pm</div><div>DROP-IN</div><div>2:00pm - 3:00pm</div></div>	8 <div><div>PRE-REGISTERED PROGRAMS</div></div>	9 <div><div>HIRO COUNSELLOR PRESENTS: TAKING CARE OF YOUR MENTAL HEALTH</div><div>10:30am—12:00pm</div><div></div><div>BRING YOUR OWN LUNCH @ GROUP</div><div>12:00pm - 1:00pm</div><div>KARAOKE</div><div>1:00pm—2:00pm</div><div>DROP IN</div><div>2:00pm - 3:00pm</div></div>	10 <div><div>CREATIVE EXPRESSION</div><div>Self-Portraits: Get To Know Yourself</div><div>10:00am - 12:00pm</div><div>BRING YOUR OWN LUNCH @ GROUP</div><div>12:00pm - 1:00pm</div><div>MINDFULNESS PRACTICE</div><div>1:00pm - 2:00pm</div><div><div>IN-PERSON FRIDAY</div><div>Meet Group @ Bedrock Bistro (260 Queenston Rd)</div><div>approx. \$15-20</div><div>5:00pm - 7:00pm</div><div>Advance registration required.</div></div></div>
MEET THE GROUP TEAM: <div><div><div>Casey Danton Recreation Therapist 905-327-9939</div></div><div><div>Danielle Catterall Program Facilitator 905-536-1176</div></div><div><div>Jeff Peters Case Facilitator 905-977-9550</div></div></div>	CALENDAR LEGEND: <div><div>COGNITIVE/ EDUCATIONAL PROGRAM</div><div>COMMUNITY OUTTING</div><div>PHYSICAL PROGRAM</div><div>SOCIAL PROGRAM</div></div>		PLEASE NOTE: NIAGARA AND BRANT GROUPS ARE CLOSED. UPDATES WILL BE SENT WHEN AVAILABLE. CONTACT GROUP STAFF FOR MORE DETAILS.	

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<b>13</b> 	<b>14</b> <b>BOWLING @ MOUNTAIN LANES</b> (335 Upper Wentworth - Meet Group @ Bowling) 10:30am—11:30am <b>\$10.00 for bowling &amp; shoes</b>  <b>LUNCH @ GROUP \$5</b> Meal: Chicken Pot Pie & Salad 12:00pm - 1:00pm  <b>FIRE SAFETY BINGO</b> 1:00pm—2:00pm  <b>DROP IN</b> 2:00pm - 3:00pm	<b>15</b> <div>PRE-REGISTERED PROGRAMS</div>	<b>16</b> <b>CULTIVATING GRATITUDE: APPRECIATING OTHERS</b>  10:30am—11:30am  <b>LUNCH @ GROUP \$5</b> Meal: Tomato and bean salad, guacamole, naan bread 12:00pm - 1:00pm  <b>TAI CHI WITH CERTIFIED INSTRUCTOR</b> 1:00PM—2:00PM  <b>MINDFULNESS PRACTICE</b>  2:00pm - 3:00pm	<b>17</b> <b>CREATIVE EXPRESSION</b> Fall Inspired Weaving with Rivers & Meadows 10:00am - 12:00pm  <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm  <b>FOCUS DICE: ENGAGE IN COPING SKILLS</b> 1:00pm - 2:00pm  <b>DROP IN</b> 2:00pm - 3:00pm
<b>20</b> <b>MEN2MEN</b> Apple Pancakes and Self Reflection 10:00am - 11:30am  <b>WOMEN2WOMEN</b> Cultivating Gratitude: Appreciating Others 1:00pm - 2:30pm  In-person or Virtual	<b>21</b> <b>MEET @ HAMILTON FIRE STATION #1</b> (35-43 John St N) Station Tour and Fire Safety Education 10:00am—11:00am  <b>LUNCH @ GROUP \$5</b> Meal: Pasta Stuffed Peppers & Salad 12:00pm - 1:00pm  <b>APPLE TASTING &amp; AFFIRMATION TREASURE HUNT</b> 1:00pm—3:00pm	<b>22</b> <div>PRE-REGISTERED PROGRAMS</div>	<b>23</b> <b>CULTIVATING GRATITUDE: BUILDING THE HABIT</b>  10:30am—12:00pm  <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm  <b>TAI CHI WITH CERTIFIED INSTRUCTOR</b> 1:00PM—2:00PM  <b>DROP IN</b> 2:00pm - 3:00pm	<b>24</b> <b>CREATIVE EXPRESSION</b> DIY Cozy Coasters 10:00am - 12:00pm  <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm  <b>COGNITIVE OBSTACLE COURSE</b> 1:00pm - 2:00pm  <b>DROP IN</b> 2:00pm - 3:00pm
<b>27</b> <b>MEN2MEN</b> Spooky Stories: Do you believe in Ghosts and Goblins? 10:00am - 11:30am  <b>WOMEN2WOMEN</b> Cultivating Gratitude: Building the habit 1:00pm - 2:30pm  In-person or Virtual	<b>28</b> <b>MEET GROUP @ REDCHURCH CAFÉ &amp; GALLERY</b> (68 King St. East) \$6 for coffee. Free gallery admission. 10:00am—11:30am  <b>LUNCH @ GROUP \$5</b> Meal: Chili & Twice Baked Potato 12:00pm - 1:00pm  <b>THERAPEUTIC JENGA</b> 1:00pm—2:00pm  <b>DROP IN</b> 2:00pm - 3:00pm	<b>29</b> <div>PRE-REGISTERED PROGRAMS</div>	<b>30</b> <b>OUTING TO HAMILTON PUBLIC LIBRARY (55 York Blvd.)</b> 10:00am Group meets @ HPL Central 10:15-11:30am Makerspace Tour and Activity 11:30am-12:30pm Bring your own lunch (no microwave) 12:30pm—1:30pm Your choice—Nintendo Switch or Browse the Archives 1:30pm Group departs HPL	<b>31</b> <b>CREATIVE EXPRESSION</b> Spooky Pastel Art 10:00am - 12:00pm  <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm  <b>FUN FRIDAY</b> 1:00pm - 2:00pm  <div> <b>IN-PERSON FRIDAY</b>                      HAPPY HALLOWEEN: DANCE PARTY, PHOTO BOOTH, WEAR YOUR COSTUME!                      Meal: Pizza, festive finger foods, Halloween punch \$10                      4:30PM-6:30PM                      Advance registration and payment required.                 </div>