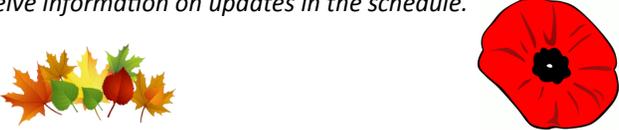


NOVEMBER 2017 : Community Connections Program - MARKHAM Schedule

Mondays & Fridays: Living Room - HSBC Tower, Suite 710, 3601 Highway 7 East, Markham

1-866-345-0183 or 905-948-1118 ext. 5221 - www.cmha-yr.on.ca

Tuesdays & Thursdays: Tony Wong Place - 25 Deverill Court, Markham

Monday Drop-in time 10:30-3:30	Tuesday Drop-in time 10:30-3:30	Wednes day	Thursday Drop-in time 10:30-3:30	Friday Drop-in time 10:30-3:30
<p><i>Please note: We try our best to ensure that groups occur as scheduled, but they may be cancelled due to unexpected events. We will do our best to inform you of changes ahead of time. Please see our calendar at the office, on our website, or join our email list to receive information on updates in the schedule.</i></p> 		1 7-9 - Chinese Family Support Group (华人家)	2 9 - 10:30 - Fitness @ the YMCA 12:15 - 1:15 - Music with Ron Beer 1:15 - 3 - Art with Melissa 1-3 - Chinese Self-Help Group (華人互助小組) 7:30-9:30 - Support for Depression @ HSBC	3 10 - 11 - New Member Orientation 11-12 - Mindfulness 12-1 - Chinese Calligraphy 1-2 - Spirituality 2-3 - Team Puzzles 3:30-6:30 - Peer-Run Drop-In
6 12-1 - Chit Chat with Friends 1-2 - Addictions 2-3 - Wellness Series: Setting Goals *NEW* 3- 4- Improv 3:30-6:30 - Peer-Run Drop-In	7 9 - 10:30 - Fitness @ YMCA 11-12 - Life Skills 12:30 - 2 - Holiday Gift Projects - Making Magic Bags/Scented Pouches 2 - 3- Music with Ron Beer 3-3:30 - Creative Writing Group	DROP-IN CLOSED	9 9 - 10:30 - Fitness @ the YMCA 11-12 - Improv 12-2 - Cooking 7:30-9:30 - Support for Depression @HSBC	10 10 - 11 - New Member Orientation 11-12 - CBT 12 - 2 - Potluck and Birthday Celebration 1-2 - Spirituality 2-3- Themes of Recovery 3:30-6:30 - Peer-Run Drop-In **Outing Sign-Up Deadline**
13 1-1:30 - Juicing *NEW* 1:30-3 - Mental Health Movies 3-4 - Wellness Series: Planning for Success *NEW* 3:30-6:30 - Peer-Run Drop-In	14 9 - 10:30 - Fitness @ YMCA 11-12 - Life Skills 1-2 - Goals Check-In 2-3 - Music with Ron Beer 3-3:30 - Creative Writing Group		16 <i>Program Closed for Outing to Bowling Please See Flyer for More Information & Sign up with Erin @ ext. 4248</i> 1-3 - Chinese Self-Help Group (華人互助小組) 7:30-9:30 - Support for Depression @HSBC	17 10 - 11 - New Member Orientation 10-1 - Career Cafe 11-12 - Mindfulness 12-1 - Chinese Calligraphy 1-2 - Team Puzzles 2-3- Laughter Yoga 3:30-6:30 - Peer-Run Drop-In
20 1-2 - Addictions 2-3 - Wellness Series: Communicating about Mental Health *NEW* 3 - 4 - Improv 3:30-6:30 - Peer-Run Drop-In <i>*Mindful Digest submissions due this week*</i>	21 9 - 10:30 - Fitness @ YMCA 11-12 - Life Skills 12-1 - Chinese Painting 1-2 - Nutrition 2-3 - Music with Ron Beer 3-3:30 - Creative Writing Group		23 9 - 10:30 - Fitness @ the YMCA 11-12 - Improv 12-2 - Cooking 3:30-6 - Youth Connection 7:30-9:30 - Support for Depression @HSBC	24 10 - 11 - New Member Orientation 11-12 - CBT 12-2 - Sock Monkeys 2-3- Themes of Recovery 3-4- Member's Meeting 3:30-6:30 - Peer-Run Drop-In
27 1-1:30 - Juicing *NEW* 2-3 - Wellness Series: Preventing Falls *NEW* 3-4:30 - Chinese Painting 3:30-6:30 - Peer-Run Drop-In	28 9 - 10:30 - Fitness @ YMCA 11-12 - Life Skills 12-1 - Goals Check-In 1-3:00 - Holiday Gift Projects - Making Magic Bags/Scented Pouches 3-3:30 - Creative Writing Group		30 9 - 10:30 - Fitness @ the YMCA 11 - 12 - Improv 1-3 - Chinese Self-Help Group (華人互助小組) 1-2 - Job Skills: The Mature Worker 3:30-6 - Youth Connection 7:30-9:30 - Support for Depression @ HSBC	Updated on November 6th, 2017 

Addictions - This group explores themes of addiction including: What is addiction? Various substances and their effects on the body, coping strategies, etc.

Art with Melissa - This group is based on the facilitator, Melissa's own experiences and knowledge based on the concept of "art" and/or "art therapy". The aim is to reinforce physical/mental health and taking care of oneself. This is an open group.

Career Café – Staff members from the employment program are available during this time for drop-in consultations regarding employment goals. Help is offered with job searching, résumé and cover letter writing, as well as career exploration.

Chinese Calligraphy – Express yourself and develop your mindfulness and concentration skills while learning the basics of Chinese brush and ink calligraphy in this class.

Chinese Family Support Group (华人家庭分享互助协会) – This group is designed specifically for family members who are caring for loved ones with mental illness. Program to learn about mental health, resources within the community, recovery, and the different roles families can have in a loved one's recovery journey. We are offering this group in three languages, Mandarin, Cantonese and English.

Chinese Painting - Learn the basics of the expressive art of Chinese brush painting. Learn how to paint subjects found in nature including bamboo, flowers, birds and fish. Independent study in Chinese calligraphy is also available during this group time. All instruction is in English.

Chinese Self-help (華人互助小組) – A self help support group for Mandarin or Cantonese speaking York Region residents aged 16+. Main objectives: Learn positive coping strategies, enhance healthy lifestyle, engage in various social and recreational activities, build up a supportive community.

Chit Chat with Friends - This peer-run group is a respectful environment for group members to share and ask for help from one another. It is a place for immediate assistance for the members to connect in their recovery journey but at their own individual pace.

Comedy Classics - We will be watching television comedy classics from the 1950'S, and 60'S. The purpose of this program is to simply have a good laugh! As they say, laughter is the best medicine.

Computer Skills @ RHPL (1 Atkinson Street, Richmond Hill – Major MacKenzie & Yonge) – Join this 6-week group at the Richmond Hill Public Library to learn the basics of using tablets and accessing free library resources including, books, movies, television, shows and music. Contact Shauna if interested.

Cooking - Prepare and enjoy a meal while learning and developing cooking skills.

Creative Writing Group - The creative writing program offers the participants the chance to use their imaginations as well as creativity, to write about different topics. Themes are offered each week, but participants are free to choose their own topics.

Dealing with Distress – The skills reviewed in this 9-week closed group help us cope and survive situations that cause us physical and emotional pain.

Employment Workshop Series – This monthly group covers different topics on employment. Pre-register with Natalie (phone) 289-879-5976.

Exploring Music – From sing-along to meditation, we will be exploring different themes and activities of music and its power in supporting happiness, connections and recovery.

Fitness @The YMCA (101 YMCA Blvd, Markham) - The Fitness Group is an opportunity to engage in physical activity in an indoor environment. The group will meet inside by the front entrance on the main floor and then head upstairs together. Please let staff know if you are planning on attend for the first time so we will make sure to meet you at the registration desk to support your sign up.

Goals Check In – A group for individuals to discuss the progress they are making in their Recovery and stay accountable with their goals.

Holiday Gift Projects – Want to create unique and heartfelt gifts for family and friends? Join us in creating 'giftable' holiday crafts in November and December.

Improv - This fun and interactive group gives members the opportunity to express their creative side. The group does many different improvisation games that help with concentration, and spontaneity. There are no lines to memorize in this group. Just come in with an open and playful mind.

Job Skills - Workshops offered by employment staff at job skills will target both employment and job seeking skills and knowledge.

Laughter Yoga - Learn to relax with the power of laughter. This group will include a chance to practice laughter yoga with others.

Learn to Draw – Drawing is a skill that can be learned and practiced—and involves developing observation, mindfulness and coordination skills. This drawing class will involve exercises to develop these skills which will help you draw many things. No previous experience required.

Life Skills - This group explores various psychosocial issues and empowers participants to implement solutions to the challenges they face in their own personal and social lives. The "Life Skills" format is based on "Positive Psychology", "Logo Therapy" and the "Solution Focused" counselling/therapy model. "Life Skills" is an interactive open group focused on psychological resilience, emotional resilience & mental wellness.

Member's Meeting - This is a celebration meeting, where we celebrate people's successes as well as provide program updates. This is an opportunity for members to get to know each other, provide feedback about current programming and bring ideas for new programming. It is our way of working collaboratively with members to continuously ensure we are meeting your needs and providing the best quality programming possible. We encourage as many members as possible to attend as we value everyone's input greatly.

Mental Health Movies - We will be viewing scenes from both Documentaries, and feature films, all based on different topics about mental health. After viewing the scenes, we will then have an informal discussion about are thoughts, and feelings based on the content of the films.

Mindfulness - Mindfulness is a new way of being. It is being aware of your thoughts, emotions & physical sensations, non-judgmentally and in the present. Effects of mindfulness include reduced stress and decreased emotional distress.

New Member Orientation – All new members are invited to this weekly orientation session which explains more about CMHA, community resources, as well as providing a detailed description of the calendar and our programs. Following orientation a one on one interview will be scheduled to discuss individual goals and needs.

Nutrition – This group is about learning how your food choices can optimize your health. The Whats, Whens, Wheres, Whys and How's of eating will all be covered.

Peer-Run Drop-In – This program is facilitated by Volunteers. It's a time to meet people and socialize. Activities are chosen by volunteers & participants together and include games, discussion topics and peer support.

Printmaking – Art has and can be used to describe a variety of experiences, opinions and ideas. This group will teach a variety of fine art printmaking techniques (including collagraph, gelatin monotype) to discuss thoughts related to mental health and well-being.

Relaxation Skills - This group provides an opportunity to sample a variety of relaxation strategies, for example, imagery, physical activity and music.

Sock Monkeys - In this group, members have a chance to create Sock Monkeys. All materials are provided and members are able to keep their creations when finished. This group teaches basic sewing skills, helps focus, and gives members a chance to get creative. Support is provided throughout the whole process, and everyone is able to work at their own pace/level. The group is an open group where members can join in at any time.

Spirituality - This group discusses spirituality in the broadest terms recognizing that people come from differing places. It addresses such issues as healthy spirituality, self-esteem from the inside out, the importance of rituals in our lives, prayer and meditation, and telling our sacred story.

Support for Depression – A peer-run support group for individuals struggling with depression that is held in the evenings.

Team Puzzles – Members get to work together to solve different types of puzzles that help with concentration and relaxation. This is an opportunity for members to connect with others in a fun, creative, thought-provoking, and attention-catching way! Puzzles include jigsaws, word searches, crosswords, Sudoku, and other brainteasers.

Traps and Grooves – This slide presentation is about the Traps we get ourselves into and the Grooves, meaning the old worn out ways we dealing with them. The slides that you will be viewing our based on my own (David) experiences dealing with the many Traps I have encountered in my life, and how I dealt with them. Using the old grooves, and then through Psychotherapy learning healthier ways to deal with the traps. Participants will have the opportunity to discuss their own Traps and Grooves, as well as how you have been dealing with them. During the slide presentation, the group will be encouraged to come up with different suggestions, on how to change the old grooves, and come up with healthier ways in dealing with the traps.

Wellness Series – Topics related to health and well-being offered in an hour-long open workshop.

Youth Connection – Drop-in program for people between 15 and 25 years old. Connect with others in a fun and laid back environment! Share your stories and have positive discussions! Chat about what's on your mind! Meet some cool new people! Munch on free snacks, and play some games or ping pong!