

## LIFE SKILLS

Our Life Skills sessions are all about enhancing your well-being and daily life. We're focusing on practical tools to boost your wellness, help you reach your potential, and achieve personal satisfaction.

**September's topics** are Cooking Basics and Stress Management and Relaxation Techniques, aimed at supporting positive mental health and recovery

## CHANGING MINDS

Join us this September as we explore **Navigating Life's Transitions** in our Changing Minds program. Through engaging presentations and open conversations, we'll learn and grow together in a supportive, stigma-free environment. Come be part of a community dedicated to understanding and empowerment

## CREATIVE CORNER

Discover your creativity in the Creative Corner, a welcoming space for everyone. Whether you're new to art or an experienced creator, this weekly activity invites you to explore different forms of artistic expression in a calm and supportive environment. Join us to unwind, get inspired, and enjoy the shared experience of making something meaningful, no matter your skill level.

## MOVIE AFTERNOON

Relax and unwind with us during our Movie Afternoon. You'll have the chance to vote for the movie on our Facebook page or on the billboard in front of the M.I.N.D office at Ergon, so make sure to have your say! Bring your favorite snacks or enjoy some provided by Ergon, and settle in for a cozy afternoon with friends.

## CONVERSATION WITH DIRECTORS

Join us for a conversation with our directors about the MIND program. This is your chance to share your thoughts, offer valuable feedback, and bring your ideas to the table. Your voice matters, and we're eager to hear your insights and work together to enhance the MIND program!

## NEW! IMPROVISATION GAMES

Step out of your comfort zone and into a world of creativity with our improvisation games. This is all about having fun, sparking your imagination, and building confidence in a supportive group. Whether you're looking to try something new or simply enjoy a lively, interactive experience, everyone is welcome to join. Come ready to laugh, connect, and discover your spontaneous side.

## WRITE AND REFLECT

Join us for a cozy time of writing where everyone is welcome. Choose from a variety of prompts or free write—it's your time to unwind and express yourself. Share your writing if you'd like in a supportive space. All levels are welcome. Let's create together!

## NEW! LINE DANCING

Get ready to move and groove with our Line Dancing sessions! In September, we'll focus on learning the steps at your own pace, so whether you're a beginner or just brushing up, everyone can join in. Come back in October to put it all together and dance as a group. It's a fun way to stay active, meet new people, and enjoy some great music!

## KARAOKE

Join our Karaoke session and let your voice be heard! Whether you're a seasoned performer or just want to have fun with friends, this is your time to shine. Choose your favorite songs in a fun, supportive atmosphere—no experience needed, just bring your enthusiasm!

## NEW! MORNING WALK AND TALK

Kickstart your day with a refreshing Morning Walk! It's a great way to energize, enjoy some fresh air, and connect with others before our week begin. Everyone is welcome—let's take a morning stroll and embrace the outdoors!

## CRAFT AND CHAT

Come relax and get creative at Craft and Chat! Whether you're into diamond painting, coloring, cross-stitch, or another craft, this is a great time to work on your projects in a friendly, supportive environment. Bring your current project or start something new, and enjoy good company while you craft. All skill levels are welcome—let's create and connect together!

## NEW! ONE ON ONE CHATS

One-on-One Sessions  
We're bringing back One-on-One Sessions for September! On September 11th and 25th, from 1pm to 4pm, book time to define your goals and explore the paths to achieve them. Whether you need guidance or just a focused conversation, these sessions are here to support your journey.

## NEW! T-SHIRT CUTTING ACTIVITY

Unleash your creativity at our T-Shirt Cutting session! Bring an old t-shirt and transform it into something stylish and new. Whether it's a fringe design, a tank top, or your own unique creation, this activity is all about fun and self-expression. No experience needed—just bring your imagination and let's get crafting! If you don't have a t-shirt, don't worry—we've got you covered with one you can use.

## MEN'S AND WOMEN'S GROUPS

Let's look ahead to the fall with our "Seasonal Transition Workshop." We'll set goals, discuss how to maintain mental health during the seasonal change, and share tips for preparing for the upcoming cooler weather. This is a great opportunity to plan and prepare for the next chapter while enjoying the camaraderie of the group.

## CROSS-STITCH WITH ANTHONY

Whether you're a seasoned cross-stitcher or just getting started, you're invited to join us for a relaxing morning of creativity, conversation, and connection. All levels of experience are welcome, and materials are provided. Let's stitch and chat together in the Art Room every Tuesday and Friday!