 Don't forget what you're signing up for. Check the box as a personal reminder.

LIFE SKILLS

Educational programming teaching topics to enhance wellness, maximize potential, and achieve a greater personal satisfaction. This program has a direct focus on positive mental health and mental illness recovery.

Topics for March are Narcissistic Personality Disorder, and Depression.

CROSS STITCH

Socialize with your peers while creating your own Cross Stitch piece. Cross Stitch will be held every Tuesday (with support from Anthony) in the Media Room and every Friday led by a M.I.N.D. Member in the kitchen. All levels of experience are welcome.

ONE ON ONE WITH CRAIG

Schedule an hour to sit and chat with Craig, you will meet in his office and discuss anything that is on your mind. If you need help finding resources or just want to sit and laugh.

GAMES

Craig will join in for some fun with your fellow members in this self-led activity. Games such as bocce ball, bingo, and a new game called Carnival Target will be played. We will set up targets and use Nerf guns to sharpen your shooting skills.

TIM HORTONS

Join Craig at Tim Hortons near Giant Tiger for a coffee, we will sit and chat and hopefully have a few laughs. This is a great way to learn more about each other.



BREAKFAST WITH CRAIG

Join Craig in the kitchen for pancakes with maple syrup and breakfast sausage.

MEAL PREP IDEAS

Join Craig in the pantry for some meal prep ideas, we will explore the options using only the food we have in the pantry.

NUTRITION WITH CRAIG

Join Craig as he speaks about the value of a healthy diet, learn how to read labels and understand the different types of ingredients in the food we eat.

COFFEE AND CHAT

Let's meet in the kitchen and discuss current events and socialize with one another!

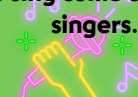


PANTRY HOURS

Our Pantry Hours are
10am-11:30
3pm-4pm
Monday to Friday
Closed on Wednesday

KARAOKE

Warm up those vocal cords and join us for Karaoke, Lets blow the roof off this place.. If you Don't want to sing come cheer on our singers.



Ongoing Activities

Open Art Room: Freely explore your artistic interests, experiment with materials, work on a ongoing project or just enjoy the company.
Diamond Painting: Discover the magic of Diamond Painting! Join us for a fun, creative adventure and turn dazzling gems into stunning art.