

March 2023 - M.I.N.D Calendar Index

****Calendar and activities are subject to change without notice.**

Life Skills:

Our Life Skills Programming is designed to provide a supportive learning environment for individuals living with a mental illness or experiencing poor mental health while continuing their journey toward recovery. Members can access a variety of topics to enhance their wellness while learning new ways to maximize their potential and achieve greater personal satisfaction. The Life Skills Program has a direct focus not only on positive mental health but as well as mental illness recovery.

[Possible topics for February: Social Skills, Body Language](#)

RECURRING MONTHLY ACTIVITIES

Cross Stitch:

Every [Wednesday](#) morning from [9:00 am to 12:00 pm](#), you will be able to socialize with your peers while creating your own cross-stitch piece with help from Bonnie. ([Extra Cross Stitch classes on Monday the 20th from 9-12](#))

Diamond Painting:

Diamond painting is a combination of cross-stitch and paint-by-numbers and has become very popular with our members. Bring your own personal diamond painting from home or start one here at the centre. Either way, come, enjoy, and socialize. ([Bi-Weekly on Wednesdays](#))

Cooking Club:

Come and strengthen your cooking skills and teamwork abilities while preparing and cooking delicious, budget-friendly meals as a group. This month we will make a Tomato soup with Tony's own version of homemade garlic bread that you can eat alongside your soup. This meal is easy to make for larger groups and simple enough for one's at home.

Support Group:

Come and gather with others facing Mental Health Challenges, all while sharing experiences, offering support and encouragement, find comfort in one another while on this journey. ([Thursday, March 23rd, Topic is Loss](#))

ACTIVITIES

Open Art Room:

This is an opportunity to finish art projects you have been working on here at Ergon or start a completely new art project! Our art room is full of supplies that you can use. Express your creativity and socialize with the group by coming to do some coloring, puzzles, knitting, and games.

Ergon's Giant Flower of Feelings:

It's been a while since we added to the media room with a group project. In this activity, the M.I.N.D members will make a giant cardboard and construction paper flower in which you will create feeling pedals that will go on the flower, and once finished, it will stand tall in the media room. Come socialize and learn about how we have many feelings and how we express them differently from others. (**See the flower picture below as an example. But imagine Bigger!**)

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Making your own Fidget Toys:

We know children love to have things in hand, but the thing is, anxiety and ADHD play a huge part in that, and adults also deal with it too. One way to calm us down is to ground with fidgets (E.X, Fidget spinners, stress balls). So today, join your other members and laugh and relax while we create some fidgets for you to use in your everyday life.

Road Of Recovery:

Join Tony as he teaches how to draw a 1st point perspective drawing of a road that you can make your own by adding your own vision of your recovery with challenges you have overcome along your journey through mental health and illness. (**See the road drawing at the back as an example**)

Mindfulness Coloring:

Coloring just isn't for kids! Adults can get in on this type of fun too. Join the members and have a relaxing afternoon of coloring with more difficult patterns you can put on your fridge! This afternoon with coffee will relax the brain as you peacefully color the page, and thoughts and stress flutter away as you go.

Origami:

Origami is the Japanese art of folding paper into something beautiful. It has become one of the most relaxing hobbies and activities, and due to some requests, I am bringing it to you. Come relax and laugh with your peers while you learn to fold paper into beautiful things like Swans and Boats. Try something new with us. (**See the Origami bird picture at the back, for example**)

Painting with Cecilia:

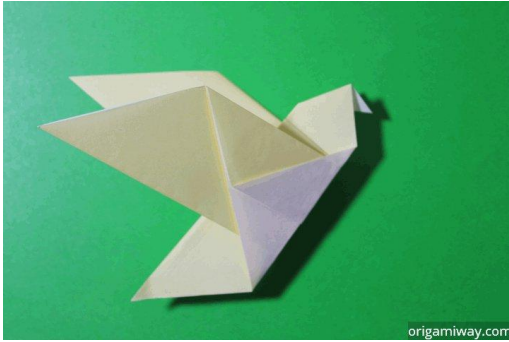
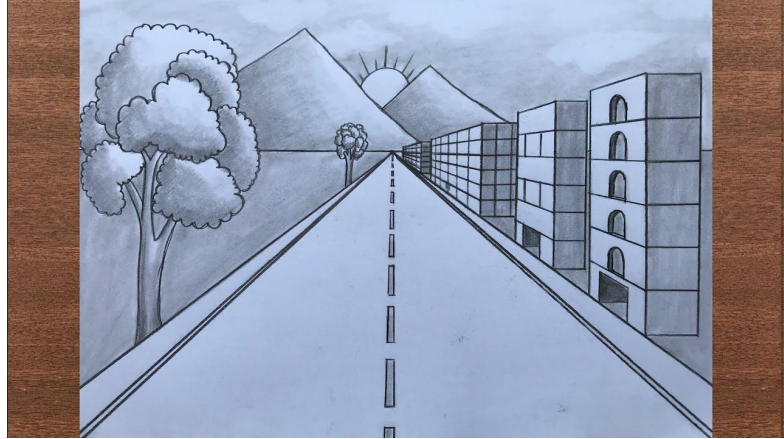
No experience is needed! She'll bring the supplies if you bring an open mind and a willingness to have fun. This Artistic afternoon will bring you closer to your inner self.

My Planet:

If you saw the planet paintings online, the image below is the kind of painting you will be doing. You will be painting your planet and your galaxy that represents your inner peace. Choose colors that define who you are, and choose a moon that is the biggest support in your life. This artistic version of our solar system is to show you that you are more than just having a mental illness. Join the group with laughs, painting, and many colors to see what kind of planet you are! (**See Planet picture at the back**)

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