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

LIFE SKILLS

Educational programming that teaches topics to enhance wellness, maximize potential, and achieve greater personal satisfaction. This program directly focuses on positive mental health and mental illness recovery.

Topics for April are Active Listening and emotions.

CROSS-STITCH WITH ANTHONY

Socialize with your peers while creating your own Cross-Stitch piece. Cross-Stitch will be held every Tuesday in the Media Room and every Friday 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, whether you need help finding resources or just want to sit and laugh.

CHANGING MINDS

Changing Minds is a presentation series focused on mental health topics, each month featuring a different diagnosis or condition. The aim is to raise awareness, educate, and reduce the stigma surrounding these issues. This month's topics are Depression and Healthy Living




COFFEE AND CHAT

Join Craig and other members at Tim Hortons at the Petro Canada for Coffee and a snack.



GAMES

This activity will be self-led, and Craig will join in for some fun with your fellow members. Games this month include bingo, karaoke, and bowling at Fairlanes Bowling Alley.

PANCAKE BEAKFAST

Join your fellow members in the kitchen for pancakes and sausages prepared and served by Craig.




CANDLE PAINTING

Discover your creative side as we try candle painting. We will watch a short YouTube video to get started. This activity looks very interesting.

MOVIE DAY

Join us in the media room for popcorn and a movie. This month's movie selection is Brain on Fire, starring Chloe Grace Moretz.



WALKING CLUB

Weather-dependent, we will leave Ergon and venture into the community for fresh air and exercise.



RACHEL COLLAGE

Join Rachel for a fun activity, making magazine collages in the open art room. Our focus will be on self-reminders and who you want to become. Feel free to bring your own magazines or newspaper clippings to create your collage.

CALENDAR MEETING

Join Craig in the kitchen for coffee and a discussion on the upcoming month's calendar; let's work together to make the next few months exciting and fun.



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.