**Life Skills**

Life skills is taught by Tony on Tuesdays and Thursdays. Life skills will remain one group, as it was last month. We will be continuing what we learned on Tuesday into Thursday and so on.

Possible next topics for August: Self Esteem, Bipolar Disorder, A module in the connection between Music and Mental Health, aswell as Lucid Dreams

**Recurring Monthly Activities**

**Social Committee:** Each month, 5 of our members will come together to help create next month’s calendar. This is a great opportunity for members to voice their opinions and have direct input on what activities they would like to see happen in the next month.

**Cross Stitch:** Every Wednesday morning you will be able to socialize with your peers while creating your own cross stitch piece with help from Bonnie.

**Walking group:** Walking is great for your physical health as well as mental health! We will be having a walking group weekly this month to enjoy the nice weather! If the weather is bad, we will have a back up indoor activity.

**Book Club:** Book club members will meet bi-weekly to discuss the book that we are reading. Everyone in the group reads the same book, at the same pace. Book club gives members the opportunity to socialize while doing a hobby that members can take home with them! This month we will be finishing “The Book Thief” by Markus Zusak. When we are finished reading this book, we will vote on our next.

**Men’s and Women’s Groups:** Tony will be running an all-men’s group and Carly will be running an all-woman’s group. These groups are supportive and are a great opportunity to socialize. Topics and activities change with each group.

**Cooking Class:** Come and strengthen your cooking skills and teamwork abilities while preparing and cooking delicious budget friendly meals as a group.

August 8th- Frozen hamburgers can be expensive and unhealthy. Today, Tony will be teaching us how to make delicious homemade hamburgers on a budget.

August 22nd- Come and learn how to make a Chilean dish with Camila! Camila will be teaching us how to make sopaipillas with pebre.

**Activities**

**Nature Walk:** Meet Carly and Tony at the Riverfront Trail in Riverview for a nature walk. This is a great opportunity to exercise while enjoying nature.

**Support Group:** This will be a support group on depression. Join us in a safe space to talk about your experience (either past or current) with depression.

**Cactus Craft:** Hobbies like crafting can make us feel happier and more relaxed. Studies have shown that people who participate in hobbies suffer less with low moods, depression, and stress. During this craft will be painting rocks to resemble a cactus, then decorating them in a pot. Come and make one for yourself, or for a gift for a loved one.

**Painting with Cecilia:** Join Cecilia for a you step-by-step guided painting! This is a great opportunity to learn some new painting skills while creating a beautiful piece!

**Documentary:** Documentary films are entertaining, educational, and inspiring. Following a vote, we will be watching a documentary together. The options will be posted during the last week of July on Facebook.

**Wind Chime Making:** The noise a wind chime makes can have a calming effect and bring peace to your environment. Come over to Ergon to create your own wind chime that you can bring home to add some peace to your environment.

**Q-tip Painting:** There are many techniques that can be used in painting, Q-tip painting is one of them! Today we will be learning how to use this technique. Socialize with your peers while creating a piece of art using canvas, Q-tips and paint.

**French Class:** Learn some basic French to help you understand and communicate with others.

**BBQ:** Join us for a BBQ to socialize with a great group of people while enjoying some food! We hope to see you there!

**Ceramics with Anthony:** Anthony will be teaching us how to paint ceramics using a dry brush technique. Come and create your own piece!

**Tie Dye:** Bring a white piece of clothing from home and learn how to tie dye it! If you do not have anything to tie dye, we will have a few items to choose from.

**Spanish Class with Camila:** Camila will be teaching basic Spanish in this class. This is a great opportunity for those who would like to learn some beginners Spanish!

**Pending Vote: Mini Golf vs. Museum:** We will be having a vote amongst members, and whichever activity has the most we will be doing! Please make sure to put your vote in the box at Ergon, voting either for Mini Golf at the Boardwalk or the Moncton Museum!