

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

LIFE SKILLS

Educational programming teaches 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 May are Self Regulation.

CROSS STITCH

Socialize with your peers while creating your own Cross Stitch piece. Cross Stitch will be held every Tuesday (with support from Anthony) 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 and Rachel will join in for some fun with you and your fellow members. Games such as Bean Bag Toss, Board Games, Card Games.



TIM HORTONS

Join Craig and Rachel at Tim Hortons near Giant Tiger, here in Riverview 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.



GARDEN PREP

Join Craig and Rachel as we prepare our garden beds for the upcoming growing season. We are hopeful to start planting on the 23rd.



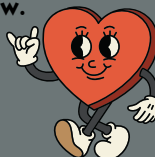
CHANGING MINDS WITH CECILIA

Join Cecilia in the Media room as she discusses OCD. This is a two part presentation, both sessions will take place on May 14 & 16

Educating topics on several different mental health diagnosis. This month we will be examining the topic of Bipolar disorder.

COMMUNITY WALK

Join Craig and Rachel as we explore the great outdoors, we will walk around different areas of Riverview.



MOVIE DAY

Join Craig and Rachel in the Media room, this month we will be watching Awakenings, a drama/ thriller starring Robin Williams.

CRAFTS

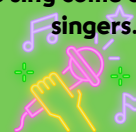
We have two awesome crafts planned for this month. First we will be painting our very own flower pots, We will also be working on painting bird houses.

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.