

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

# July

## 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 July are Impulse Control, Time Management, and Basic Needs

## 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 Art Room. All levels of experience are welcome.

## GAMES

Rachel will join in for some fun with you and your fellow members. Games will include fun card games and board games!



## TIM HORTONS

Join Rachel at Tim Hortons, across from the superstore 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.



## FAMILY FEUD

Join us to play an enjoyable game of Family Feud. The idea of the game is to answer what you think the surveyed people answered to a question, just like on the TV show!

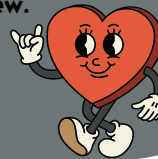
## CHANGING MINDS

Educating topics on several different mental health diagnosis. This month we will be examining the topic of Learning Disorders and ADHD.



## COMMUNITY WALK

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



## MOVIE DAY

Join Rachel in the Media room, this month we will be watching All The Bright Places, a drama starring Elle Fanning.



## CRAFTS

We have three awesome crafts this month. They include tie dye, rock cactus garden, and a Christmas in July Craft.



## PANTRY HOURS

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

## PICNIC TABLE PAINTING

Calling all artists and stick figure drawers! It's time to paint our fun designs on the white picnic tables.



### 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.