

CMHA-Elgin May Calendar 2023

Talbot House Open Daily 9 -- Noon

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Week 2023				
← #MyStory ←			→ #MyStory →	
Mental Health Week 1 Kick Off Flag Raising 10am Celebration 1030am	Get Up Get 2 Moving 10am Mental Health Workshop 130pm	Moodwalk 930am 3 Jukebox Trivia 1pm	Get Up Get 4 Moving 10am Arena Walk 130 pm	Party in the Park 5 10am--2pm
HOUSEMEETING 8 Outdoor Games Meet at TH 1pm	Get Up Get 9 Moving 10am Landmark Movies	Moodwalk 930am 10 Around the World 1pm	Get Up Get 11 Moving 10am Arena Walk 130 pm	Talbot House 12 Walk 10am Photography 1pm
Coffee Hour Out 15 Outdoor Games Meet at TH 1pm	Get Up Get 16 Moving 10am Scenic Drive & Shaws 130pm	Moodwalk 930am 17 Around the World 1pm	Get Up Get 18 Moving 10am Arena Walk 130 pm	Talbot House 19 Walk 10am Photography 1pm
No 22 Programs	Get Up Get 23 Moving 10am Grounding your Senses Workshop 130pm	Moodwalk 930am 24 Around the World 1pm	Get Up Get 25 Moving 10am Billiards 130pm	Talbot House 26 Walk 10am Photography 1pm
Coffee Hour Out 29 Outdoor Games Meet at TH 1pm	Get Up Get 30 Moving 10am Euchre Tourney 12-2pm	Moodwalk 10am 31 Around the World 1pm	SR Team Phone Numbers Stephen B - 226-688-6316 Colleen S - 519-902-0961 Melisa M -226-268-4610 Tony F -519-854-6323 Kylie L - 519-859-3806	We encourage you to share your story by using #MyStory & #MentalHealthWeek to shine a light on your personal journey, a program you offer, how your community supports the mental health of others etc.

Social Rehabilitation Program Guide: Talbot House

Arena Walk

Come walk the track at the Joe Thornton Community Centre and get your movement in for the day!

Accessibility: All abilities welcome. Go at your own pace.

Location: Joe Thornton Community Centre	Time: 1:30PM-2:30PM	Day: Thursday	Begins: May 4	Ends: May 18	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Around the World

South America, Mexico, Asia & more! Learn about your worldly interests with this discussion & interactive program.

Accessibility: All ability levels welcome. Able and willing to engage in discussion.

Location: Talbot House	Time: 1:00PM-2:00PM	Day: Wednesday	Begins: May 10	Ends: May 31	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Billiards

Build your focus, hand-eye coordination & have some fun! Come participate in billiards tournament style. \$2.00 cost

Accessibility: All ability levels welcome. Able to hold and shoot a pool cue.

Location: Back Alley Restaurant	Time: 1:30PM-3:00PM	Day: Thursday, May 25 th	Begins: N/A	Ends: N/A	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Coffee Hour Out

Refuel for the week ahead! A Monday morning outing to a local coffee shop for a morning beverage & good company

Accessibility: All ability levels welcome.

Location: McDonalds - Walmart	Time: 10:00AM-11:00AM	Day: Monday	Begins: May 15	Ends: May 29	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Euchre Tournament

Test out your Euchre skills with this in-house tournament. Lunch will be provided at no cost.

Accessibility: All ability levels welcome. Able to participate fully in the card game.

Location: Talbot House	Time: 12:00PM-2:00PM	Day: Tuesday, May 30 th	Begins: N/A	Ends: N/A	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Get up Get Moving

Supporting participants with different activities and movements from; exercise balls, weights, stretching & more.

Accessibility: All ability levels welcome. Modifications provided for all exercises.

Location: Pinafore Park Lakeside Pavilion	Time: 10:00AM-11:00AM	Day: Tuesday	Begins: May 2	Ends: May 30	Registration Req. Yes
Location: Pinafore Park Lakeside Pavilion	Time: 10:00AM-11:00AM	Day: Thursday	Begins: May 4	Ends: May 25	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

HOUSE MEETING

An opportunity for members & staff to meet, discuss concerns and successes, and give feedback about programs.

Accessibility: All ability levels welcome.

Location: Talbot House	Time: 10:00AM-11:00AM	Day: Monday, April 8 th	Begins: N/A	Ends: N/A	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Juke Box Trivia

An afternoon of feel-good music trivia. Try your hand at guessing songs for different genres, decades and artists!

Accessibility: All ability levels welcome.

Location: St. Thomas Anglican Church	Time: 1:00PM-3:00PM	Day: Wednesday, May 3 rd	Begins: N/A	Ends: N/A	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Landmark Movies

Each member is responsible for purchasing their own ticket & snacks. Movie titles will be decided closer to the date.

Accessibility: All ability levels welcome.

Location: Landmark Movie Theatre London	Time: 10:30AM-3:30PM	Day: Tuesday, May 9 th	Begins: N/A	Ends: N/A	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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Moodwalk

A program designed to explore nature and get some exercise. Hike locations will be announced each month.

Accessibility: Able to complete 3-5km hikes with a variety of terrains.

Location: Trails in Elgin County	Time: 9:30AM-11:30AM	Day: Wednesday	Begins: May 3	Ends: May 31	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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Outdoor Games

We will find a greenspace or park nearby to enjoy the spring weather and partake in some lawn games & sports

Accessibility: Able ability levels welcome.

Location: Meet at Talbot House	Time: 1:00PM-2:30PM	Day: Monday	Begins: May 8	Ends: May 29	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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Photography

Come explore the community, socialize and snap some pictures of nature, buildings, art, and everything in between!

Accessibility: All ability levels welcome. Willing & able to walk short distances

Location: Elgin County	Time: 1:00PM-2:30PM	Day: Friday	Begins: May 12	Ends: May 26	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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Scenic Drive & Shaw's Ice Cream

A spring drive out in the country & down to the beach with a stop at Shaw's Ice Cream. Please bring own \$.

Accessibility: All ability levels welcome.

Location: Elgin County	Time: 1:30PM-3:30PM	Day: Tuesday, May 16 th	Begins: N/A	Ends: N/A	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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Special Event: Mental Health Week Kick Off

CMHA flag raising at City hall, guest speakers, welcome luncheon and cake to kick-off Mental Health Week 2023

Accessibility: All ability levels welcome.

Location: Talbot House & community	Time: 9:30AM-2:00PM	Day: Monday, May 1 st	Begins: N/A	Ends: N/A	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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Special Event: Party in the Park

A special party in the park to wrap up Mental Health Week 2023. Games, food, good company & more! No cost.

Accessibility: All ability levels welcome.

Location: Pinafore Park	Time: 10:00AM-2:00PM	Day: Friday, May 5 th	Begins: N/A	Ends: N/A	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Talbot House Time ☺

Come to the centre to enjoy company, conversation, card games & more in a safe and supportive environment.

Accessibility: All ability levels welcome. Open daily.

Location: Talbot House	Time: 9:00AM-12:00PM	Day: Monday-Friday	Begins: May 1	Ends: May 31	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Talbot House Walk

A social walk starting out front of our Talbot House program centre, located at 655 Talbot St.

Accessibility: All ability levels welcome. Go at your own pace.

Location: Whistlestop Trail	Time: 10:00AM-11:00AM	Day: Friday	Begins: May 12	Ends: May 26	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Workshop: Grounding Your Senses

We will be exploring mindfulness activities that tap into our 5 senses and help us stay grounded.

Accessibility: All ability levels welcome. Able and willing to engage in discussion.

Location: Pinafore Park	Time: 1:30PM-2:30PM	Day: Tuesday, May 23 rd	Begins: N/A	Ends: N/A	Registration Req. Yes
Registration /Information: To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781					

Workshop: Mental Health

We will be discussing mental wellness and how to incorporate mental health activities it into our daily lives.

Accessibility: All ability levels welcome. Able and willing to engage in discussion.

Location: Talbot House	Time: 1:30PM-2:30PM	Day: Tuesday, Mat 2 nd	Begins: N/A	Ends: N/A	Registration Req. Yes
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Registration /Information:	To register for our upcoming group or to ask questions, please email Social.Rehabilitation@cmhatv.ca or call 519-633-1781
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