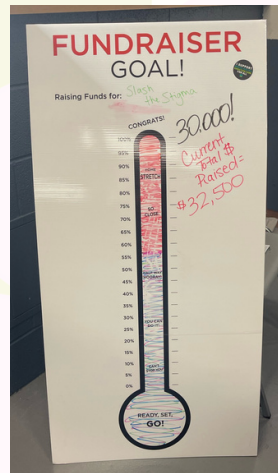


Oxford Drop-In

April 2024 Newsletter

GOOD NEWS STORY



There was an incredible fundraiser put on at the Norwich Arena called "Slash the Stigma". Money was raised to support on bench staff with mental health training. We had an amazing time!

SPRING HAS SPRUNG!

Spring Fling Event



WHAT'S NEW?

Craft Activities

- April 2 - Variety Hour
- April 9 - Rainbow Craft
- April 16 - Coffee Filter Flowers
- April 23 - Terrariums
- April 24 - PAINT DAY
- April 30 - Cherry Blossom Craft

Craft Supplies needed:

- Cardboard Boxes
- Bowl/Container

The Votes are in, the ballots have been counted and the new official name for

"Fill It In" is

drumroll please:
"Lucky Numbers"

Drop-In Schedule

New Oxford Drop-In Schedule – beginning January 2, 2024

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10:00-10:30am Morning Grounding Activity	10:00-10:30am Morning Grounding Activity	All Drop-In Programming is closed.	10:00-10:30am Morning Grounding Activity	10:00-10:30am Morning Grounding Activity
10:30am-12:00pm Coffee Social and Lounge open (in Fishbowl)	10:30am-12:00pm Coffee Social and Lounge open (in Fishbowl)		10:30am-12:00pm Coffee Social and Lounge open (in Fishbowl)	10:30am-12:00pm Coffee Social and Lounge open (in Fishbowl)
12:00pm-1:00pm Coffee/Lounge Closed for Afternoon: Drop-In (Closed for Lunch)	12:00pm-1:00pm Coffee/Lounge Closed for Afternoon: Drop-In (Closed for Lunch)		12:00pm-1:00pm Coffee/Lounge Closed for Afternoon: Drop-In (Closed for Lunch)	12:00pm-1:00pm Coffee/Lounge Closed for Afternoon: Drop-In (Closed for Lunch)
1:00pm-3:00pm Programming: Peer Led Groups and Workshops (TBD)	1:00pm-3:00pm Programming: Treasure It Tuesday (Crafts; open to all) and DBT alumni group (closed; open to anyone who has taken DBT)		1:00pm-3:00pm Programming: Lucky Number	1:00pm-3:00pm Programming: Games
3:00pm Clean up and Drop-In Closed	3:00pm Clean up and Drop-In Closed		3:00pm Clean up and Drop-In Closed	3:00pm Clean up and Drop-In Closed

SCHEDULE DETAILS

In January we launched a new schedule for our Drop-In program. Coffee and the lounge will now be open daily from 10:30 am to 12:00 pm. The Drop-In space still stop serving coffee and the lounge will close for the rest of the day. Drop-In will be closed for lunch from 12:00-1:00 pm, and the activity space will reopen for afternoon programming from 1:00-3:00 pm. Note: the Drop-In lounge and coffee will remain closed for the afternoon and will be available again the next day at 10:30 am. Everyone is welcome to attend the afternoon groups. We hope to see you!

Group Offerings



Mindful Grounding Activity – Daily, 10-10:30am

Start your day off on a calming note and join us in the Drop-In space every morning for 30 minutes of a mindful, grounding exercise. No previous meditation or mindfulness experience is required. Note: Drop-In is closed on Wednesdays so there is no programming on this day.



Drop-In Coffee & Lounge – Daily, 10:30am-12:00pm

Join us daily in the Drop-In space for a coffee and socialize with others in a safe and welcoming environment. Note, at 12:00 pm. coffee will no longer be served, and the lounge will close until the next Drop-In day. Note: Drop-In is closed on Wednesdays so there is no programming on this day.



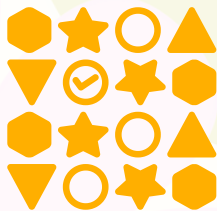
Shower Program – Monday, 10-11:30am (Ingersoll)

Drop-In program offers basic personal hygiene supports including, access to a shower and dental supplies; Peers support staff are onsite to connect with people as needed. Group is open to anyone in need of hygiene supports in the Oxford area.



Peer-Led Workshops - Bi-weekly Mondays, 1:00-3:00 pm

Every other Monday we will host different workshops that will be co-led by other Drop-In peers! Topics will vary based on the needs and interests of Drop-In participants.



Variety Mondays - Bi-weekly Mondays, 1:00-3:00 pm

Every other Monday we will host a "variety" afternoon where peers can participate in self-directed activities, including reading, colouring, word puzzles, cards, games with others, and more!



Dialectical Behaviour Therapy Alumni Peer Group - Tuesdays, 1:30-3pm

This weekly drop-in peer support group is open to anyone who has completed a DBT program and is interested in connecting with others to check in, share about your use of DBT skills, and learn from one another!



Group Offerings con't



Treasure it Tuesday – Tuesday, 1-3pm

Join us on Tuesday afternoons in the Drop-In space for some fun arts and crafts time and socialize with others while you unleash your creative side!



Chit Chat Circle – Tuesday, 2-3:30 pm (Woodstock Library)

Join us for a peer support gathering to discuss a variety of wellness topics, engage in positive conversation, and build and encourage socialization in a safe space. Note, this group meets ongoing on Tuesday afternoons.



Wellness Social – Monday 1-3pm (Ingersoll Library)-

Thursdays 10-11am (Tillsonburg Library)

Drop in program at the Ingersoll and Tillsonburg Libraries, that offers a chance for people to connect and socialize with one another and explore your wellness needs. See program calendar.



Social Stroll – Tuesday 9:30-10:30am

Promotes overall individual wellness by social connection with others and nature, as well as educating us on people, places and things. Incorporates physical exercise and encourages socialization while having fun. We will explore different areas around us.



Brightside Youth Hub – Wednesdays 2-5pm (Woodstock)

One stop shop for youth ages 12-25 to get access to services they need, when they need them under one roof. Weekly drop in. This youth hub is offered in partnership with Welkin Child and Youth Mental Health & Wellness services. **IMPORTANT:** Effective January 10, Brightside Youth Hub has moved to Community Employment Services, located at 40 Metcalf Street in Woodstock. There will not be any changes to programming or service delivery with this change in location.

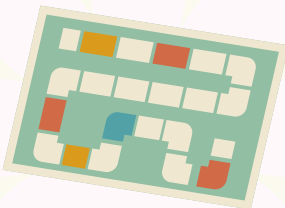


Lucky Numbers – Thursdays, 1-3pm

Join us in the Drop-In space for a friendly game of "Lucky Numbers" and socialize with others! Note: this group will be moved to Friday for the last week of every month.



Group Offerings con't



Game Day, Fridays, 1-3pm

Join us for some good old fashion board and card game fun! Connect with others over conversation and games. Weekly drop in.

Special Events

Valerie Carrillo will be coming to the Drop-In to speak about OCCHC services on April 5th at 2-3pm.

Solar Eclipse - April 8th

Office Closure Alerts

April 1st - Easter Monday

On April 8, 2024, a total Solar Eclipse will occur over southwestern Ontario. The event will begin at approximately 1:00 pm and end at approximately 4:30 pm, with the Eclipse Totality occurring at approximately 3:19 pm. Solar Eclipses are a rare and spectacular natural phenomenon, so it's understandable that many people don't want to miss the opportunity to view one when it comes along. Please remember that viewing a solar eclipse without proper eye protection can cause serious damage to your eyes, including permanent blindness. The retina within the eye have no pain receptors resulting in not being aware of eye damage that has occurred until approximately 4 to 12 hours post exposure. It is strongly recommended to remain indoors during the Eclipse. After careful consideration, we have made the decision to close the Drop-In program for the afternoon session on April 8th.





Reminders



Some Important Reminders

Monthly Drop-In House Meetings

Be sure to join us from 1:30-3pm on the last Thursday of every month for our Drop-In House meeting - we want to hear from you about how to make our Drop-In program the best it can be!

Next Meeting: April 25th, 2024, at 1-3PM

We want to hear from you!

Do you have a good news story that you want to share, a poem, cute pet photo, etc.? Please let Drop-In staff know or email Oxford.Peers@cmhatv.ca and we will be sure to include it in next month's issue of the Oxford Drop-In newsletter! Important: be sure to submit by the last Monday of every month.

