

Community Wellness
STRATHROY



December



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services

Association canadienne pour la santé mentale
Thames Valley
Services de santé mentale et de traitement des dépendances

Monday	Tuesday	Wednesday	Thursday	Friday
2. Board Games 1:30-3:30pm	3. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	4. No Programs	5. Client Holiday Party 12:00-3:00pm (Tickets \$5)	6. Art Program 12:00-2:30pm
9. Trip to the Mall 10:00-3:00pm	10. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	11. Holiday Crafts 1:30-3:30pm	12. Men's Group Lunch Program 12:00-1:00pm Charadinary 1:00-2:30pm	13. Art Program 12:00-2:30pm
16 Holiday Movie 1:30-3:30pm 	17. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	18. No Programs	19. No Men's Group Lunch Program 12:00-1:00pm Holiday Fun 1:00-2:30pm	20. Art Program 12:00-2:30pm
23. DBT at a Glance; Topic Emotional Regulations 10:00am-12:00pm Meal Pick up 12:00-1:00pm	24. No Programs HAPPY	25. No Programs HOLIDAYS	26. No Programs TO ALL!!!	27. No Programs
30. No Programs	31. No Programs			

All Community Wellness Programs are by registration only- Please call 519-245-0120 ext. 3241