



Canadian Mental Health Association  
Thames Valley  
Addiction and Mental Health Services

# Elgin February 2025 Calendar

## Monday

Talbot House Time 9-2pm **3**  
House Meeting 9:30am  
Sweet Treats 10am  
Diamond Art 1-3pm

## Tuesday

Talbot House Time 9-12 **4**  
Aquafit 11am  
Women's Group 1:30pm

## Wednesday

Talbot House Time 9-12 **5**  
Winter Walk 10am  
Rock Talk 12:45pm

## Thursday

Talbot House Time 9-12 **6**  
Get Up Get Moving 10am  
Creativity Matters 1pm

## Friday

Talbot House Time 9-2pm **7**  
Soups On 10am  
Count Your Laps 10am



Talbot House Time 9-2pm **10**  
Sweet Treats 10am  
Diamond Art 1-3pm

Talbot House Time 9-12 **11**  
Aquafit 11am  
Men's Group 1pm

Talbot House Time 9-12 **12**  
Winter Walk 10am  
Rock Talk 12:45pm

Talbot House Time 9-12 **13**  
Get Up Get Moving 10am  
Beating the Winter Blues Workshop 1pm

**CENTRE CLOSED 14**  
**CHILI BOWL SPECIAL EVENT**

**CENTRE CLOSED 17**

Talbot House Time 9-12 **18**  
Aquafit 11am  
Reptilia Zoo 12:30pm

Talbot House Time 9-12 **19**  
Winter Walk 10am  
Rock Talk 12:45pm

Talbot House Time 9-12 **20**  
Get Up Get Moving 10am  
Creativity Matters 1pm

Talbot House Time 9-2pm **21**  
Soups On 10am  
Count Your Laps 10am

Talbot House Time 9-2pm **24**  
Sweet Treats 10am  
Leisure Awareness 1-3:30pm

Talbot House Time 9-12 **25**  
Aquafit 11am  
Bowling 12:30pm

Talbot House Time 9-12 **26**  
Winter Walk 10am  
Rock Talk 12:45pm

Talbot House Time 9-12 **27**  
Get Up Get Moving 10am  
Happiness Workshop 1pm

Talbot House Time 9-2pm **28**  
Soups On 10am  
Count Your Laps 10am  
Birthday Bash 1pm

**Peer Support On Site  
Tuesdays & Fridays  
9 - 12pm**

**Friday Feb 7**



**Phone Us At  
1-855-855-2642 (CMHA)  
Ext. 1141 OR  
CWP.ELGIN@cmhatv.ca**