





**Community Wellness  
STRATHROY**

# February



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
<p>3.</p> <p><b>Board Games</b> 1:00-3:00pm</p>	<p>4.</p> <p><b>Coping Skills Workshop 10-11:30am</b> <b>Lunch Program 12:00-1:00pm</b> <b>Shuffleboard 1:00-2:30pm</b></p>	<p>5.</p> <p><b>Documentary Day</b> 1:30-3:30pm</p>	<p>6.</p> <p><b>Men's Group 10:00-12:00</b> <b>Lunch Program 12-1:00pm</b> <b>Charadinary</b> 1:00-2:30pm</p>	<p>7.</p> <p><b>Art Program</b> 12:00-2:30pm</p>
<p>10.</p> <p><b>DBT at a Glance</b> 10:00am-12:00pm: <b>Interpersonal relationships</b> <b>Board Games</b> 1:00-3:00pm</p>	<p>11.</p> <p><b>Coping Skills Workshop 10-11:30am</b> <b>Lunch Program 12:00-1:00pm</b> <b>Shuffleboard 1:00-2:30pm</b></p>	<p>12.</p> <p><b>Documentary Day</b> 1:30-3:30pm</p>	<p>13.</p> <p><b>Men's Group 10:00-12:00</b> <b>Lunch Program 12-1:00pm</b> <b>Valentine's Jeopardy</b> 1:00-2:30pm</p> 	<p>14.</p> <p> <b>Chili Bowl</b> <b>At Fleetway Bowling</b> <b>In London (\$5)</b> <b>10am-3pm</b>  <b>Register by Feb 1<sup>st</sup>.</b></p>
<p>17.</p> <p><b>Site Closed for Family Day</b></p>	<p>18</p> <p><b>Coping Skills Workshop 10-11:30am</b> <b>Lunch Program 12:00-1:00pm</b> <b>Shuffleboard 1:00-2:30pm</b></p>	<p>19.</p> <p><b>No Programs</b></p> 	<p>20.</p> <p><b>Men's Group 10:00-12:00</b> <b>Lunch Program 12-1:00pm</b> <b>BATTLE OF THE GENERATIONS</b> 1:00-2:30PM</p> <p>-</p>	<p>21.</p> <p><b>Art Program</b> 12:00-2:30pm</p>
<p>24.</p> <p><b>Board Games</b> 1:00-3:00pm</p>	<p>25.</p> <p><b>Coping Skills Workshop 10-11:30am</b> <b>Lunch Program 12:00-1:00pm</b> <b>Shuffleboard 1:00-2:30pm</b></p>	<p>26.</p> <p><b>Documentary Day</b> 1:30-3:30pm</p>	<p>27.</p> <p><b>Men's Group 10:00-12:00</b> <b>Lunch Program 12-1:00pm</b> <b>Bingo 1-2:30pm</b></p>	<p>28.</p> <p><b>Art Program</b> 12:00-2:30pm</p>

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