

**Community
Wellness
STRATHROY**

April



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
March 31st DBT at a Glance: Distress Tolerance 10:00-12:00 Board Games 1:00-3:00pm	1. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	2. Documentary Day 1:30pm-3:30pm	3. Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Charadinary 1:00-2:30pm	4. No Program
7. Board Games 1:00-3:00pm	8. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	9. Documentary Day 1:30pm-3:30pm	10. Men's Group 10:00-12:00 Lunch Program 12:00-1:00pm Bingo 1:00-2:30	11. No Program
14. Board Games 1:00-3:00pm	15 Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	16. No Program	17. Men's Group 10:00-12:00 Spring Lunch Program 12:00-1:00pm Karaoke-1:00-2:30	18. Site Closed for Good Friday
21. Site Closed for Easter Monday	22. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	23. Garden Clean Up 1:30-3:30pm	24. No Men's Group Lunch Program 12:00-1:00pm Jeopardy 1:00-2:30pm	25. Art Program 12:00-2:30pm
28. Board Games 1:00-3:00pm	29. Lunch Program 12:00-1:00pm Shuffleboard 1:00-2:30pm	30. No Program		

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