



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services

Elgin April 2025 Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

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|  <p>Spring Into Action!</p> | <p>Talbot House Time 9-12 1 Housemeeting 930am Movie Matinee 1130am</p> | <p>Talbot House Time 9-12 2 Mindful Hikes Info Session 10am</p> | <p>Talbot House Time 9-12 3 Get Up Get Dancing 10am Mindfulness Matters 1pm</p> | <p>4 Centre Closed</p> |
| <p>Talbot House Time 9-2pm 7 Rock Talk 1pm</p> | <p>Talbot House Time 9-12 8 Bowling Tournament 11:30am-3:30pm</p> | <p>Talbot House Time 9-12 9 Mindful Hikes 10am</p> | <p>Talbot House Time 9-12 10 Get Up Get Dancing 10am Mindfulness Matters 1pm</p> | <p>Talbot House Time 9-2pm 11 Soups On 10am Colour Our Walls 10am</p> |
| <p>Talbot House Time 9-2pm 14 Softball Info Session 10:30am Rock Talk 1pm</p> | <p>Talbot House Time 9-12 15 Women's Group 1pm</p> | <p>Talbot House Time 9-12 16 Mindful Hikes 10am</p> | <p>Talbot House Time 9-12 17 Get Up Get Dancing 10am Mindfulness Matters 1pm</p> | <p>18 Centre Closed</p> |
| <p>21 Centre Closed</p> | <p>Talbot House Time 9-12 22 Earth Day Community Clean Up 1pm</p> | <p>Talbot House Time 9-12 23 Mindful Hikes 10am</p> | <p>Talbot House Time 9-12 24 Get Up Get Moving 10am Mindfulness Matters 1pm</p> | <p>Talbot House Time 9-2pm 25 Soups On 10am Colour Our Walls 10am Birthday Bash 1pm</p> |
| <p>Talbot House Time 9-2pm 28 Leisure Awareness 1pm</p> | <p>Talbot House Time 9-12 29 Men's Group 1pm</p> | <p>Talbot House Time 9-12 30 Mindful Hikes 10am</p> | <p>Peer Support On Site Tuesdays & Fridays 9 - 12pm</p> | <p>Phone Us At 1-855-855-2642 (CMHA) Ext. 1141 OR CWP.ELGIN@cmhatv.ca</p> |

April Social Rehabilitation Program Guide: Talbot House

| PROGRAM | DESCRIPTION | ACCESSIBILITY |
|--------------------------------|---|--|
| Birthday Bash | Join us at Talbot House on Friday April 25 th to celebrate any Spring birthdays | All ability levels welcome |
| Bowling Tournament Cy's | This program is a tournament and lunch for those individuals who participated in the bowling program this past year. Come and participate in two 5 pin bowling games at Cy's bowling lanes in Aylmer. Cost is \$5.00 | Able to participate in 5 pin bowling. Accessible lanes. |
| Colour our Walls | Colour our walls is a creative art program at Talbot House. Individuals will design and create their own art piece during the sessions that will eventually be hung in CMHA building spaces once completed. | All ability levels welcome |
| Earth day Cleanup | In support of Earth day please meet at Talbot House for a community cleanup afternoon starting at 1pm. Let's make the community litter free! All bags, gloves, pickers provided by staff | All ability levels welcome |
| Get up Get Dancing | Supporting participants with different activities and movements from exercise bands, weights, stretching and more. Please be at Talbot House by 9:45am on the day(s) of the program in order to participate. | Use of gross motor skills. Modifications can be provided for all exercises. |
| House Meeting | An opportunity for members & staff to meet at Talbot House, discuss concerns and successes, talk about upcoming programs, and give feedback. All Talbot House participants are welcome to attend. | All ability levels welcome. |
| Leisure Awareness | This workshop will discuss leisure related resources within CMHA and the larger community, foster awareness of our own attitudes related to leisure, barriers to participation, as well as how to decrease participation barriers will be discussed. | All ability levels welcome. Willing and able to participate in the program discussion. |
| Men's group | This program provides participants with a safe space to connect and form healthy relationships while participating in various activities to enhance their well-being | All ability levels welcome. Willing and able to participate in a variety of activities. |
| Mindfulness Matters | This program offers an opportunity to learn what mindfulness is, how mindfulness can benefit our emotional, mental and physical health, and learn tips and strategies for using mindfulness daily | All ability levels welcome |
| Movie Matinee | Join us for an afternoon at the movies! We will be going to Landmark Cinemas in London to enjoy a matinee show. Participants will have a choice between two different movies. Clients must pay for their own movie ticket & any snacks. | Able to sit through an entire movie with minimal disruptions. |
| Peer Support | Peer support staff will be on site Tuesdays and Fridays from 9-12:00pm for those needing to talk to a peer about any issues they may be having. | All ability levels welcome |
| Rock Talk | Learn to describe the emotions that you have been feeling, but unable to articulate. The key element is the ownership of emotions – the good, bad, or indifferent. By the time the group is set to terminate, you should feel comfortable in “owning” your emotions, and have been equipped with positive coping techniques, through music. | All ability levels welcome |
| Softball Info Session | Do you enjoy playing softball? Want to be on a team? If so, come out to Talbot House to learn about our team and have any questions you may have answered | Must be physically able to play the game. Modifications and adaptations can be made to allow participation |

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| Soups On | Participants will help staff in the kitchen at Talbot House to prepare a healthy and hearty soup/meal each week.. Sign up is required for cooking & clean up. There is no cost for this meal but donations are appreciated. | Able to use basic safety skills in the kitchen. |
| Talbot House Time ☺ | The centre located at 655 Talbot St. will be open daily. Come enjoy company, conversation, card games & more in a safe and supportive environment. Please see calendar for any time changes and centre closures. | All ability levels welcome. |
| Mindful Hikes | Want to enhance your mood, burn calories and activate your immune systems? Join us for a winter stroll through scenic St Thomas Wednesdays at 10:00am. | Able to walk 2-3kms, unassisted, with a variety of terrain. Dress for the weather. Bring own water |
| Women's group | This program provides participants with a safe space to connect and form healthy relationships while participating in various activities to enhance their well-being. | All ability levels welcome. Willing and able to participate in a variety of activities. |