



Canadian Mental
Health Association
Thames Valley
Addiction and Mental Health Services

MAY CALENDAR - ELGIN

COMMUNITY WELLNESS
2025

Monday	Tuesday	Wednesday	Thursday	Friday
	MENTAL HEALTH WEEK MAY 5TH - 9TH		¹ Talbot House Time 9-12pm Get Up Get Moving 10am Mindful Matters 1pm	² Talbot House Time 9-2pm House Meeting 930am Soups on! Cooking Group 10am
⁵ Talbot House Time 9-2pm Flag Raising at City Hall 10am Un-Masking Mental Health Workshop 12:30-1:30pm Cake Cutting	⁶ Dinner and Show 4-8pm *registration required*	⁷ Talbot House Time 9-12pm Mindful Hikes 9:30am	⁸ Party in the Park 10-230pm	⁹ Talbot House Time 9-2pm Soups on! Cooking Group 10am Colour our Walls 10am
¹² Talbot House Time 9-2pm Colour our Walls 10am Sweet Treats 10am	¹³ Talbot House Time 9-12pm Softball Practice 1:00pm Optimist Park	¹⁴ Talbot House Time 9-12pm Mindful Hikes 9:30am	¹⁵ Talbot House Time 9-12pm Get Up Get Moving 10am Mindfulness Matters 1pm	¹⁶ Talbot House Time 9-2pm Soups on! Cooking Group 10am Fishing trip #1 11-230pm
¹⁹ VICTORIA DAY Program Closed	²⁰ Talbot House Time 9-12pm Gardening Workshop 1:00pm	²¹ Talbot House Time 9-12pm Mindful Hikes 9:30am Coping Skills Workshop 12:30pm	²² Talbot House Time 9-12pm Get Up Get Moving 10am Mindfulness Matters 1pm	²³ Talbot House Time 9-2pm Soups on! Cooking Group 10am Colour our Walls 10am
²⁶ Talbot House Time 9-2pm Colour our Walls 10am Sweet Treats 10am Leisure Awareness Workshop 1 – 330pm	²⁷ Talbot House Time 9-12pm Softball Practice 1:00pm Optimist Park	²⁸ Talbot House Time 9-12pm Mindful Hikes 9:30am Coping Skills Workshop 12:30pm	²⁹ Talbot House Time 9-12pm Get Up Get Moving 10am Mindfulness Matters 1pm	³⁰ Talbot House Time 9-2pm Soups on! Cooking Group 10am Birthday Bash 1pm

Peer Support on Site
Tuesdays & Fridays | 9:00 – 12:00pm

Contact us:
1-855-855-2642 (CMHA) Ext. 1141 | CWP.ELGIN@cmhatv.ca

May Community Wellness Program Guide: Talbot House

PROGRAM	DESCRIPTION	ACCESSIBILITY
Birthday Bash	Join us at Talbot House on Friday May 30 th to celebrate any Spring birthdays	All ability levels welcome
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
Dinner and Show	Tuesday May 6th , the CWP will be hosting a dinner and performance featuring CMHA's own Aleena from 4-8pm . Aleena will be performing her original script "Passing Notes" which was performed previously at the London Fringe Festival and was a huge success. The location for this event will either be the Columbus Club hall or in the hall at St John's Anglican church (depending on tickets sold and space requirements). The cost of the event is \$10.00 per person	All ability levels welcome
Flag Raising	Join us at 10:00am in Front of City Hall to raise our CMHA flag to kick off Mental Health week. The Mayor will also be reading a proclamation. Let's support Mental Wellness!!	All ability levels welcome
Gardening Workshop	Join us at 1:00pm May 20 th for a hands on and discussion based workshop that will cultivate your gardening skills. Individuals will learn the therapeutic benefits of gardening, practical techniques, and ways to incorporate gardening into their self-care routine.	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.
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
Party in the Park	Join us for a day of fun in the sun while celebrating Mental Health Week!! There will be lawn games, hiking, mindful yoga, crafts and much more. Lunch will also be cooked and provided by the Columbus club. See you there!	All ability levels welcome
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
Softball Practice	Do you enjoy playing softball? Want to be on a team? If so, come out to Optimist Park for 1:00pm to learn more about the game and to practice with the team. There will be at least 2 practices and a game monthly.	Must be physically able to play the game. Modifications and adaptations can be made to allow participation
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.
Sweet Treats	Two participants will help staff in the kitchen at Talbot House to make simple baked goods recipes that will then be sold in our canteen. Sign up is required.	Able to use basic safety skills in the kitchen.

Talbot House Time ☺	<i>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.</i>	<i>All ability levels welcome.</i>
Mindful Hikes	<i>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.</i>	<i>Able to walk 2-3kms, unassisted, with a variety of terrain. Dress for the weather. Bring own water</i>
Unmasking Mental Health	<i>People mask for a lot of different reasons, including social acceptance, stigma, economic necessity, and sometimes fear etc. Please join us in learning what masking looks like, the impacts of masking, and how to display our authentic selves. Group will take place Monday May 5th at 12:30pm at Talbot House</i>	<i>All ability levels welcome</i>