



JUNE CALENDAR - ELGIN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Talbot House Time 9-12</p> <p>House meeting 930am</p> <p>Creativity Matters 1pm</p>	<p>3</p> <p>Talbot House Time 9-12</p> <p>Softball Practice 1pm</p>	<p>4</p> <p>Talbot House Time 9-12</p> <p>Coping Skills Workshop 1pm</p>	<p>5</p> <p>Talbot House Time 9-12</p> <p>Get Up Get Moving 10am</p> <p>Games in the Park 1:00pm</p>	<p>6</p> <p>Centre Closed</p> <p>Special Event @ Eco Park 9:00-2:30 Registration required Free</p>
<p>9</p> <p>Talbot House Time 9-12</p> <p>Sweet Treats 10am</p> <p>Creativity Matters 1pm</p>	<p>10</p> <p>Talbot House Time 9-12</p> <p>Softball Practice 1pm</p>	<p>11</p> <p>Talbot House Time 9-12</p> <p>Coping Skills Workshop 1pm</p>	<p>12</p> <p>Talbot House Time 9-12</p> <p>Get Up Get Moving 10am</p> <p>Games in the Park 1:00pm</p>	<p>13</p> <p>Talbot House Time 9-2</p> <p>Colour our Walls 10am</p> <p>Soups on! Cooking Group</p>
<p>16</p> <p>Talbot House Time 9-12</p> <p>Creativity Matters 1pm & Build a Crib Board Workshop</p>	<p>17</p> <p>Talbot House Time 9-12</p> <p>Softball Practice 1pm</p>	<p>18</p> <p>Talbot House Time 9-12</p> <p>Coping Skills Workshop 1pm</p>	<p>19</p> <p>Talbot House Time 9-12</p> <p>Get Up Get Moving 10am</p> <p>Games in the Park 1:00pm</p>	<p>20</p> <p>Talbot House Time 9-2</p> <p>Colour our Walls 10am</p> <p>Soups on! Cooking Group</p> <p>Fishing trip #2</p>
<p>23</p> <p>Talbot House Time 9-12</p> <p>Sweet Treats 10am</p> <p>Creativity Matters 1pm & Build a Crib Board Workshop</p>	<p>24</p> <p>Talbot House Time 9-12</p> <p>Softball Practice 1pm</p>	<p>25</p> <p>Talbot House Time 9-12</p> <p>Coping Skills Workshop 1pm</p>	<p>26</p> <p>Talbot House Time 9-12</p> <p>Get Up Get Moving 10am</p> <p>Games in the Park 1:00pm</p>	<p>27</p> <p>Talbot House Time 9-2</p> <p>Colour our Walls 10am</p> <p>Soups on! Cooking Group</p> <p>Birthday Dash 1pm</p>
<p>30</p> <p>Talbot House Time 9-12</p> <p>Leisure Awareness Workshop 1pm</p>				

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

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

Community Wellness Program Guide: Talbot House

PROGRAM	DESCRIPTION	ACCESSIBILITY
Birthday Bash	Join us at Talbot House on Friday June 27 th to celebrate any birthdays for the month	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
Coping Skills Workshop	Life can be extremely difficult at times!! Come join us for a 6 week workshop starting May 21 st at 12:30pm. Here you will learn different skills you can use to navigate life's difficult moments. Registration is required	All ability levels welcome
Creativity Matters	This program offers an opportunity to learn about the emotional, mental and physical benefits of being creative. The group will focus on interactive art projects, how emotions are used to create, and relaxation art methods.	All ability levels welcome. Willing and able to participate in the program.
Crib Board Making Workshop	Join us at Talbot House and learn to make your own cribbage board. All supplies to make the board are supplied. Cost: \$5.00. Registration is required; please connect with a CWP staff if interested	All ability levels welcome.
Fishing Trip #2	To give clients the opportunity to go fishing and have a BBQ lunch at Pleasant Valley Trout Farm. We will be leaving by 11am from Talbot House. Cost is \$3.00 and registration is required	All ability levels welcome
Games in the Park	This program will take place at Password1 Park in St. Thomas. We will enjoy friendly games of different court sports and lawn games. Sign up is required if transportation is needed.	All ability levels welcome.
Get up Get Moving	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
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 for 1:00pm to Lion's Park and 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.

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Sweet Treats	<i>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.</i>	<i>Able to use basic safety skills in the kitchen.</i>
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>

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