

**December
2014**

THE LAMBTON MENTAL WELLNESS CENTRE

Hours: Monday – Friday 11 a.m. – 3:30 p.m.

**109 Durand Street, Sarnia, ON, N7T 5A1
Family Support: 519-337-8110 Centre Business: 519-344-5602
Member's Phone: 519-337-0117**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p>1. 11:00 – Coffee Talk 12:00 – Ladies Peer Support</p> <p>1 - 3 p.m. Law Talk with Margaret</p> <p><i>2:30- 330 - Opening Doors Activity</i></p> | <p>2. 11:30– Focus Group Forum “Mental Health Matters” 12:30 – D/A Support Group 1:00 – Social Tea 2:00 – Open Discussion Group</p> | <p>3. 11:00 – Coffee Talk 11:30 – Something with Dave 12:30 – Decorate Centre 1:30 – Concurrent Support 1:30 – Skip Bo Tournament</p> <p><i>4:00 – Youth Group</i></p> | <p>4. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 12:00 – Men’s Peer Group Sharper Minds: Skip-Bo Play</p> <p>1:00 – Crochet Club 2:00 – Quiet Reflection</p> | <p>5. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 12:00 – Bipolar Support Sharper Minds: Skip-Bo Play 1:30 – Sweet Bingo</p> <p>Garden Fresh Box - \$ Due</p> |
| <p>8. 11:00 – Coffee Talk Sharper Minds: Skip-Bo Play</p> <p>12:00 – Ladies Peer Support</p> <p>1:30 –Crazy Rummy Tourn.</p> <p><i>2:30- 330 - Opening Doors Activity</i></p> | <p>9. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 12:00 – D/A Support Group 1:00 – Social Tea Sharper Minds: Skip-Bo Play 2:00 – Open Discussion Group</p> | <p>10. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 11:30 – Something with Dave Sharper Minds: Skip-Bo Play 1:30 – Concurrent Support</p> <p><i>4:00 – Youth Group</i></p> | <p>11. 11:00 – Coffee Talk Sharper Minds: Skip-Bo Play</p> <p>12:00 – Men’s Peer Group 1:00 – Crafts 2:00 – Quiet Reflection</p> | <p>12. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 12:00 – Bipolar Support 1:30 – Member Advisory Meeting</p> <p><i>Fancy Dress-Up Day</i></p> |
| <p>15. 11:00 – Coffee Talk Sharper Minds: Skip-Bo Play</p> <p>12:00 – Ladies Peer Support Brain Gym: Crazy Rummy</p> <p><i>2:30- 330 - Opening Doors Activity</i></p> | <p>16. Holiday Lunch Extravaganza FOOD, MUSIC, FUN Dress-Up: Red/Green/White More Info To Come *Please Sign-Up \$1</p> | <p>17. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 11:30 – Something with Dave Sharper Minds: Skip-Bo Play 1:30 – Concurrent Support</p> <p><i>4:00 – Youth Group</i></p> | <p>18. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 12:00 – Men’s Peer Group 1:00 – Crochet Club</p> <p>2:00 – Quiet Reflection Garden Fresh Box Pick Up</p> | <p>19. 11:00 – Coffee Talk Brain Gym: Crazy Rummy</p> <p>12:00 – Bipolar Support Sharper Minds: Skip-Bo Play 1:30 – Euchre Tournament</p> |
| <p>22. 11:00 – Coffee Talk Brain Gym: Crazy Rummy</p> <p>12:00 – Ladies Peer Support Sharper Minds: Skip-Bo Play 1:30 – HOLIDAY BINGO</p> <p><i>NO OPENING DOORS ACTIVITY</i></p> | <p>23. 11:00 – Coffee Talk Brain Gym: Crazy Rummy 12:00 – D/A Support Group 1:00 – Social Tea Sharper Minds: Skip-Bo Play 2:00 – Open Discussion Group</p> | <p>24. CHRISTMAS EVE Something with Dave 11:30 – Concurrent Support</p> <p>Holiday Hours 10 – 1 p.m.</p> | <p>25. CLOSED CHRISTMAS DAY</p> <p>All regularly scheduled programing will resume next week.</p> <p>Thank You For Your Patience</p> | <p>26. CLOSED BOXING DAY</p> <p>All regularly scheduled programing will resume next week.</p> <p>Thank You For Your Patience</p> |
| <p>29. 11:00 – Coffee Talk Sharper Minds: Skip-Bo Play 12:00 – Ladies Peer Support Brain Gym: Crazy Rummy</p> <p><i>2:30- 330 - Opening Doors Activity</i></p> | <p>30. 11:00 – Coffee Talk 12:00 – D/A Support Group 1:00 – Social Tea 1:30 – Skip Bo Tournament</p> <p>2:00 – Open Discussion</p> | <p>31. NEW YEARS EVE Something with Dave 11:30 – Concurrent Support</p> <p>Holiday Hours 10 – 1 p.m.</p> | <p>Lambton Family Initiative 519-337-8110</p> <hr/> <p>Open Doors Member Website: www.opendoorscsal.webs.com</p> | <p>If members would like to exchange holiday cards, please address them to: <i>The Lambton Mental Wellness Centre</i> This way everyone can celebrate together!</p> |

LAMBTON MENTAL WELLNESS CENTRE PROGRAM DESCRIPTIONS

Ladies Peer Support: A support group for women of all ages (16 and up). Discussion of issues, cooking, and peer support.

Something with Dave
Various therapeutic recreation activities.

Men's Peer Group: A support group for men of all ages (16 and up). A variety of activities and peer support.

Open Discussion Group:
A general interest group for Men and Women with a new topic discussed each week. Share, participate or simply listen to the group members' opinions!

Bipolar Support Group: A support group for Men and Women of all ages (16 and up). Education and Support.

Youth Group: Are you a youth and would like to socialize with others your own age? Join us on Wednesday for FUN. Ages: 16 -

Quiet Reflection
Meditation &
Quiet time without distraction to give people time for themselves.

Concurrent Group
For anyone who lives with both mental health issues and past or present addictions of any type. ie: gambling, shopping, substances etc.

Social Events: Join us for a variety of events throughout the month: Coffee Talk, Bingos, Crafts, Special Lunches and Social Tea...Many other events arise throughout the month, come to the centre and see what else is happening!!

Physical Fitness
Iron Works Gym
Equipment Workout
Open Gym Aerobics
Health Walk
Aqua Fit @ Pathways
Walking Group
Exercise programs @ River City

Family Support Program: For Family and Caregivers who support others who live with mental illness. Held at Dunlop United Church, 3rd Wednesday of the month
7 – 8:30 pm

Law Talk: Find out what is going on with the law and how to be a social advocate for yourself and others. Come out with your questions and concerns.

Foot Care Clinic with Avril
Remember to sign up for the foot care clinic with Avril this month. For those with chronic foot issues.

Depression / Anxiety Peer Support
A support group for Men and Women of all ages (16 and up). Education and Support.

All activities are optional. So come on in and enjoy your centre!