

MHSP - The Link April 2010 www.mhsp-links.ca

S	M	Tuesday	Wednesday	Thursday	Friday	S
		"4 steps to happiness" group—limited to 10 members. Sign up At Link		1 12-3:30 Easter Brunch 6:30 Bariatric Support 7-9 Family Support group	2 Link Closed for Good Friday	3
4	5	6 New programming will start this week—today is a chance to view the new schedule & sign up for groups & activities	7 Trip to Wheeler's Sugar Bush Bring \$ for lunch Leave Link at 10:00 a.m. Return before 4:00	8 mornings by appointment 10:00 1 on 1 peer support appt 11:00 1 on 1 peer support appt 1:30- 3:30 Group: "4 steps to happiness"	9 10:00 Drop In /Check In 10:30 MSB meeting 12:00 Lunch \$3 1:30-3:30 creativity day 6:00 On Stage or movie. No bus for tonight	10
11	12	13 By appointment 10:00 1 on 1 peer support 11:00 1 on 1 peer support 12:00 staff meeting & prep 1:30 -3:30 Group—what is peer support? 1st of 2	14 10:00 Drop In/Check In 11:00 -12:00 Brunch \$2 1:30-4:00 activities: Bowling at The Link (free)	15 mornings by appointment 10:00 1 on 1 peer support 11:00 1 on 1 peer support 1:30- 3:30 Group: "4 steps to happiness "	16 10:00 Drop In /Check In 12:00 Lunch \$3 1:30-3:30 Creativity Day - art, writing, photography, crafts, knitting, Music, wellness. 3:00 exercises	17
18	19	20 By appointment 10:00 1 on 1 peer support 11:00 1 on 1 peer support 12:00 staff meeting & prep 1:30 -3:30 Group- what is peer support? 2nd of 2	21 10:00 Drop In/Check In 11:00 -12:00 Brunch \$2 1:30-3:30 activities: BINGO 3:30-4:00 exercises	22 mornings by appointment 10:00 1 on 1 peer support 11:00 1 on 1 peer support 1:30- 3:30 Group: "4 steps to happiness"	23 10:00 Drop In /Check In 12:00 Lunch \$3 1:30-3:30 Creativity Day art, writing, crafts, etc 6:00-9:00 On Stage	24
25	26	27 Ottawa Trip Parliament Hill & The Mint \$6.00 Sign up sheet at Link	28 Link Closed for CPR First Aid training all day	29 mornings by appointment 10:00 1 on 1 peer support 11:00 1 on 1 peer support 1:30- 3:30 Group: "4 steps to happiness"	30 10:00 Drop In/Check In 12:00 Lunch \$3 1:30-3:30 Creativity Day - art, writing, photography, crafts, knitting, Music, wellness. 3:30-4:00 exercises	