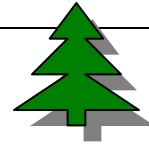


❄️ **MHSP - THE LINK** ❄️  
❄️ **UPDATE January 2010** ❄️



**Members' calendar & update of events and happenings  
at The Link for January 2010. ❄️**

There's a members' meeting (MSB) on the first Wednesday back after the holidays - January 6<sup>th</sup>. The meeting has been moved to the afternoon, to help increase attendance. Please come and share your ideas for the Link this year. We welcome everyone's input and try to put as much into place as possible.  
❄️

❄️  
The Link will be closed through the holidays – the last day we're open is Friday 18<sup>th</sup>. We re-open Tuesday January 5<sup>th</sup>, 2010 at 9:30 A.M.  
❄️

❄️  
We'd like to take this opportunity to offer our sincere thanks to all the volunteers and members who have contributed so much at the Link this past year. So many people helped in so many ways. We couldn't manage without your dedication and support. You make all the difference. So, many thanks once again! ❄️

If you need support through the holidays you can call:  
the Distress Line: 5-12:00 P.M. at 1-800-465-4442 or  
locally at 613-267-5909, or  
LCMH from 8:30 A.M. to 8:30 P.M. at 613-283-2170

Mental Health Support Project- The Link ❄️  
88 Cornelia St. W. Unit 4A, Smiths Falls, ON K7A 5K9  
613-284-4608; 1-877-383-2070  
Fax: 613-284-4666

## Chair Aerobics & Yoga

Daily 3:30-4:30 P.M.

Exercise while sitting on a chair - this reduces the wear and tear on sore knees and backs. Besides, it's fun! We also have a gentle yoga and relaxation program. Join us daily at 3:30 P.M. to fight stress & get healthy!

## Swimming

Wednesday 12:00-1:00 P.M.

Each Wednesday we make an effort to attend the adult swim at the Carleton Place Pool – cost \$5.00. Sometimes the weather or meetings, etc. intervene, but call ahead to see if we're going. We will leave the Link at 11:30 and return before 2:00 p.m.

## The Women's Group

Friday 2:00-3:30 P.M.

A member- run group that meets each week to share and support. Topics vary each week. Come out and join in!

## Photography Club

Thursday 10:30 A.M.-Noon

Join us Thursday mornings for photo shoots, computer editing & manipulating of pictures with Adobe Photoshop. We're also planning for the Spring Art Show. If you're interested, we can help you develop your talents. We have an award winning photographer to help us

## Art Expressions

Thursday 1:00-3:30 P.M.

Want to explore your creativity in a variety of media? We have an art expressions group starting at the Smiths Falls site this January. Thursday afternoons from 1:00 to 3:30 P.M. Art supplies will be provided.

## Crafts

Tuesday 1:30-3:30 P.M.

Tuesday afternoons join us for a wide variety of craft activities. Supplies are provided.

## New Year's Resolutions

Tuesday 10:00-11:30 A.M.

This might be a good time to get together to talk about some resolutions for the New Year. Together we can make up a list of the best "to do's" how to implement them and how to make them stick. Anyone interested in quitting smoking, or managing their weight? We could start a group! Call.

## NEW! Brunch at the Link

Tuesday & Friday 11:00 – 12:30 P.M.

We're thinking of hosting two brunches a week instead of the breakfast and Friday lunches. Join us Tuesdays and Fridays at eleven. The food will be a breakfast style menu, as that is the most affordable food. Cost for the meal is \$1.00 per person. Any comments – come to the MSB & voice your ideas.

## The Bariatric Surgery Support Group

The group will meet again in the New Year. Check in for new times and dates.

**Matt's Activities are held Wednesday afternoons. Check at the Link for the date of the January On Stage and other events.**



## Re-WRAP Support Group

Wednesday 2:00-3:00 P.M.

Have you taken WRAP in the past? Want to share your successes or get ideas on a part where you're stuck? Come in Wednesday from 2:00 to 3:00P.M. Participant's interests will determine the topic for the group each week.

## Check the Calendar

A draft calendar for January 2010 is ready. There may be some changes, call ahead to check what's new. The Link will re-open after the holidays, Tuesday January 5<sup>th</sup>.



## The MSB Meeting

**Wednesday January 6<sup>th</sup>**  
**1:30-3:30 P.M.**

The Members' Sounding Board meeting will be held in the afternoon of January 8, 2010.

If you want input into the things we do at the Link, please attend.


There will be opportunities for peer support training in the new year – information will be available at the MSB meeting and on line.

Check our web page : [mhsp-links.ca](http://mhsp-links.ca)

## The NEXT AWG Meeting

**Wednesday January 13<sup>th</sup>**  
**1:30-3:30 P.M.**

The Advisory Working Group will be meeting to discuss our plans for the New Year.

 Information is posted at the Link to keep members informed about workshops, training, P&P updates, meetings, special events, etc. Check out the information boards on the walls, come to MSB meetings and ask staff or members for more information if you need it.




## Community & you

"Strong, healthy, morally vigorous communities are a necessity to produce strong, healthy, morally vigorous individuals.

In order to attain our highest collective potential we need to reach outward. We need to look for the talents and gifts that we bring to the table to empower the entire group. We need to make a conscious effort to widen our sphere of compassion and to recognize our responsibility to everyone who directly or indirectly is connected to us. "

## Sign In & Sign Up

Check the sign up sheets at the Link, some activities require being signed up ahead of time. When you come into the Link remember to sign in. This is important for our stats. 

## ✍ Creative Writing ✍

We have quite a number of talented writers at the Link and it's time to put these talents to use. Anyone interested in starting a writing group one afternoon a week? We have some time Friday afternoons. If you're interested let us know and we'll get rolling.

## The Olympic Games

*The winter Olympics are coming in February and it's time to plan the party for Canada's two hockey gold medals!!*

*Join us in celebrating Canada's hockey teams (women's & men's)*

*We'll try to get the games live depending on the timing.*

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## Cooking Around the World

We have a talented volunteer who is willing to host a number of cooking classes for us. We can learn a variety of healthy dishes from other countries.

Our own fusion cooking classes! Come to the Link and find out the menus and class times.

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## RESPECT

Early in the new year we will be looking at guidelines around behaviour, attitudes and conflicts at the Link. The same issues often keep coming back, so we have to keep learning the skills to deal with them.

It takes patience, skills and awareness to learn to embrace the differences among our members. Our goal is to increase this level of acceptance. There are challenges for all of us throughout our lives. Developing the skills to deal with these challenges is a lifelong activity.

Please join us for a series of sessions on these topics. Check the board at the Link for times and dates.



Our planet... our only home...let's take care!

With all the news about the problems we're facing due to pollution, we need to remember to do our bit to help the environment.

We will be getting some educational support from REAL (Rideau Environmental Action Group) to bring us up to speed on recycling, reducing and reusing. Look for the news in 2010.