






Please note our plan is to stay open, however, this could change at a moment's notice due to Public Health Orders to close or reduce our services

## December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> <b>GIVING TUESDAY</b></p> <p>10-12pm Educational Video tutorial on using Zoom video chats</p> <p>2-4pm Bingo</p> 	<p><b>2</b> 10-11:30am Art of Friendship-Session #6</p> <p>10-12pm Nutritional education</p> <p>1-2pm Online Peer Support Zoom</p> <p>2-4pm Crafts</p>	<p><b>3</b></p> <p>10-12pm Member Appointments &amp; card making</p> <p>2-4pm Christmas Movie</p>	<p><b>4</b> 10-12pm X Box and visits</p> <p>2-4pm Bingo</p> 
<p><b>7</b></p> <p>10-12pm Mindful Monday and member visits and education on zoom</p> <p>2-4pm Crafts</p>	<p><b>8</b> Members visit and Christmas take-out meal:</p> <p>10am: 11am: 12pm: 1pm:</p> <p>2-4pm Bingo</p>	<p><b>9</b> 10-11:30am Art of Friendship-Session #7</p> <p>Members visit and Christmas take-out meal:</p> <p>10am: 11am: 12pm: 1pm:</p> <p>2-4pm Christmas Movie</p>	<p><b>10</b> Member visits and Christmas take-out meal:</p> <p>9:45am: 10:30am: 11:15am: 12pm:</p> <p><b>The club is closed at 1pm</b></p>	<p><b>11</b> Members visits and Christmas take out meal:</p> <p>10am: 11am: 12pm: 1pm:</p> <p>2-4pm Bingo</p>
<p><b>14</b></p> <p>10-12pm Mindful Monday and member visits and education on zoom</p> <p>2-4pm Crafts</p>	<p><b>15</b></p> <p>10-12pm Christmas Movie</p> <p>2-4pm Christmas Bingo</p>	<p><b>16</b> 10-12pm Christmas Cookie Decorating</p> <p>2-4pm Christmas Cookie Decorating</p> <p>10-11:30am Art of Friendship-Session #8</p>	<p><b>17</b></p> <p>10-12pm Member Appointments</p> <p>2-4pm Christmas Movie</p>	<p><b>18</b></p> <p>10-12pm X Box and visits</p> <p>2-4pm Bingo</p> 
<p><b>21</b></p> <p><b>The club is closed all day</b></p>	<p><b>22</b></p> <p><b>The club is closed all day</b></p>	<p><b>23</b></p> <p><b>The club is closed all day</b></p>	<p><b>24</b></p> <p><b>The club is closed all day</b></p>	<p><b>25</b></p> <p><b>The Club is closed all day for Stat holiday</b></p> 
<p><b>28</b></p> <p><b>The club is closed all day for Stat holiday</b></p>	<p><b>29</b></p> <p><b>The club is closed all day</b></p>	<p><b>30</b></p> <p><b>The club is closed all day</b></p>	<p><b>31</b></p> <p><b>The club is closed all day</b></p>	<p><b>January 1 2021</b> <b>The club is closed all day. Reopening January 4<sup>th</sup></b></p>
		<p>Please note that we are still restricted to the number of people allowed in the building at one time, so we ask that you call 306-525-9543 to book an appointment.</p> <p>If you would like to participate in an activity listed on the calendar or if you just want to visit, we would love to see you!</p>		

# WHAT'S GOING ON in December at the Members' Club

**Members Take-Home Christmas Meal:** Please call staff at 306-525-9543 ext.223 OR the members phone at 306-525-8433, to book your appointment. We have four days with 4 time slots with 6 available spots each day.

**Choose from the following:**

**Tuesday December 8<sup>th</sup>: 10am, 11am, 12pm or 1pm**

**Wednesday December 9<sup>th</sup>: 10am, 11am, 12pm or 1pm**

**Thursday December 10<sup>th</sup>: 9:45am, 10:30am, 11:15am or 12pm**

**Friday December 11<sup>th</sup>: 10am, 11am, 12pm or 1pm**

**Every Monday:**

- 10-12pm: Mindful Monday and member visits and education on zoom
- 2-4pm: Crafts

**Tuesdays:**

- **December 1<sup>st</sup> is Giving Tuesday: "Giving You My Gift of Kind Words and Wisdom for the Season" Wall Display**
- 10-12pm – December 1<sup>st</sup>: Educational discussion on how to use Zoom
- 10-12pm – December 15<sup>th</sup> : Christmas Movie
- 2-4pm – December 15<sup>th</sup>: Christmas Bingo
- 2-4pm: Bingo

**Wednesdays:**

- 10-12 pm – December 2<sup>nd</sup>: Educational discussion on Nutrition
- 10-12pm – December 16<sup>th</sup>: Christmas Cookie Decorating – take home your creations!
- 1-2pm Online Peer Support Zoom
- 2-4pm – December 9<sup>th</sup> Christmas Movie
- 2-4pm – December 16<sup>th</sup>: Christmas Cookie Decorating – take home your creations!
- 2-4pm: Crafts

**Thursdays:**

- 10-12pm – December 3<sup>rd</sup>: Member visits and card making
- 2-4pm Christmas Movie

**Every Friday:**

- 10-12pm X Box
- 2-4pm Bingo

**Virtual Groups:**

**"Writing For Your Life"** is a peer lead group facilitated by Lyn. They are welcoming new participants! This creative writing group is currently focusing on freewriting and then discussion. They meet by phone on a three-way call, via SaskTel, every second and fourth Saturdays of the month at 2:00 p.m. If you are interested in joining or learning more about WFYL please let staff know and we will link you to the facilitator of the group for more information.

**Zoom Peer Support:** Our Peer support is offered to support the personal well-being of our members with a focus on individual resilience, including discussions about strengths and challenges while fostering connections to others who may be in similar circumstances and to community resources.

Please note that we are still restricted to the number of people allowed in the building at one time, so we ask that you call 306-525-9543 to book an appointment.

If you would like to participate in an activity listed on the calendar or if you just want to visit, we would love to see you! 😊

## Our WISH FOR THE NEW YEAR is to STAY CONNECTED with YOU!

As you know COVID-19 has drastically changed the nature of our CMHA Regina Branch drop-in center. What we also know is that many strong friendships and support systems have been established here and we are dedicated to helping you keep those connections or to build new connections with others as we move into the hopes of a good year.

In January 2021 we will be offering more **online programming**. For details please check our website at [cmharegina.com](http://cmharegina.com) in early January. Be sure to share your email address or phone us so we can keep you updated on "What is going on at the CLUB". 306-525-9543

The **online programming** will feature Zoom sessions on a variety of topics. In the new year we are also planning some YouTube videos that can be viewed from the CMHA Regina Branch YouTube channel.

If you are new to online programming, staff will help you become familiar with this technology, so do not hesitate to ask.

**Visits to the club will continue to be by appointment only.** Want to get together with 5 of your close friends who are members or bubble mates in a safe environment? Then starting in January, you can do that here at the branch. We are trying to book the same bubble or cohort of people together as recommended by Public Health. However, you can still book 1-1 time with staff or book in for a scheduled activity as per the monthly activity calendar or even book for a social visit with other members. Our goal is to stay open however this plan could change at a moment's notice due to any changes in the Public Health Orders.

CMHA Regina Branch will be closed from December 19 until the 4<sup>th</sup> of January 2021 and Member Visits will start on January 5<sup>th</sup>, 10-12 or 2-4pm.

**WE LOOK FORWARD TO THE PROMISES OF A NEW YEAR!**

**Thanks everyone for pulling together to do what you can to help limit the spread of COVID-19 and flatten the curve.**

### **Emergency numbers:**

-Mobile Crisis: 306-757-0127

-Regina Mental Health Clinic: 306-766-7800 (Community Outreach and Support Team)

-dial 8-1-1: Province-wide Professional Health Advice and Mental Health Support

-dial 2-1-1: for Saskatchewan 24/7 Crisis Hotline

-Addictions Services; Brief and Social Detox: 306-766-6600