

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 2021

Drop-ins 9:00-11:30 and 2:00 -3:30 Monday to Friday with exceptions for the week of the December 20th to the 24th as noted below.

Please call or stop by to book your Holiday Meals.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-12pm: Crafts & Pool 2-4pm: Members Visit And Documentary	2 9-12pm: Members Visit and Tree Decorating 2-4pm: Movie	3 9-12pm: Members Visit & X-Box 2-4pm: Bingo & Pool
6 9-12pm: Technology Education 2:00 – 4:00: X-Box	7 9-12pm: Members Visits & Christmas Card Making 2-4pm: Bingo & Pool	8 9-12pm: Crafts & Pool 2-4pm: Members Visit And Documentary	9 9-12pm: Members Visits & Christmas Card Making 2-4pm: Movie	10 9-12pm: Members Visit & X-Box 2-4pm: Bingo & Pool
13 9-12pm: Technology Education 2-3pm: Surviving Christmas	14 9-12pm: Members Visits and Games 2-4pm: Christmas Bingo	15 9-12pm: Crafts & Pool 1:30-2:30 Peer Support Zoom 2-4pm: Members Visit And Documentary	16 Club Closed For the day	17 9-12pm: Members Visit & X-Box 2-4pm: Christmas Bingo
20 Christmas Meal and Gift pick up. Please call to schedule an appointment. Members Club open: 9:30am to 3:30pm	21 Christmas Meal and Gift pick up. Please call to schedule an appointment. Members Club open: 9:30am to 3:30pm	22 Christmas Meal and Gift pick up. Please call to schedule an appointment. Members Club open: 9:30am to 3:30pm	23 Pizza Meal Pick Up. Please call to schedule an appointment. Members Club open: 9:30am to 3:30pm	24 Chinese Meal Pick Up. Please call to schedule an appointment. Members Club open: 9:30am to 2:00pm
27	28	29	30	31
<p>From All the Staff and Board of Directors at CMHA Regina Branch, we wish you good health and happiness this holiday season!</p> <p>CMHA Members Club will be Closed on December 25th and Reopen on January 4rd, 2022</p>				

CANADIAN MENTAL HEALTH ASSOCIATION, REGINA BRANCH, 1810 ALBERT ST. 306-525-9543
WHAT'S GOING ON in December at the Members' Club

Crafts are every Wednesday morning from 9:00 to 12:00.

Join us on Thursday December 2nd to help decorate our Christmas Tree.

Christmas Card making will take place on the mornings of Tuesday December 7th and Thursday December 9th.

Surviving the Christmas season will be presented, with group discussions, Friday December 13th.

Christmas Bingos will be held on Tuesday December 14th and Friday December 17th.

Christmas meals will be available for pick up and Take Out for our members only. We are unable to deliver.

Choose between Monday December 20th, Tuesday December 21st or Wednesday December 22nd.

Call or stop by to sign up. Sign up time slots for the Christmas Meal are: 11:30am, 12:00pm, 12:30pm, and 1:00pm.

You can also sign up for our Pizza Take Out on December 23rd and Chinese Food Take Out on December 24th. Call or stop by for sign up time slots.

The Members Club will be closed to members at 2:00pm. on December 24th. Reopening January 4th, 2022.

VIRTUAL GROUPS:

Recorded Relaxation with Karmin: Take a moment for yourself and listen to this audio recording to help you relax. **Relaxation.mp3** The link is also provided on our website.

“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.

Peer Support via Zoom: 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. You must pre-register so we can send you the link for Zoom to participate. Email: Karmin@cmharegina.com

Physical Incentive Program: Our Physical Incentive Program with “Cool” rewards continues in December. Ask us for more information.

Our Club is now open for “Drop ins” from 9:00 am until 11:30 am and 2pm until 3:30pm with a maximum of 10 people in the building. Or you can book an appointment if needed.

Please note that Covid Protocols are still in place to ensure everyone's safety.

Thank you so much for your continued support and patience as we transition to our slow, steady and cautious reopening!

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