

CANADIAN MENTAL HEALTH ASSOCIATION REGINA BRANCH, 1810 ALBERT ST. 306-525-9543

Our hours are 9:00am to 4:00pm Monday to Friday.

Sit Down lunches are served Monday to Friday from 12:00 to 12:50pm only.

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am: Stretching/Walk 10:00am: Mindfulness Group 10:30am: How It's Made 1:30pm: Lawson Group 2:00pm: Slime Making 3:00pm: Ice Cream	2 9:45am: Adaptable dance workout 10:00am: Farmers Market 10:30am: Collaborative Scrapbooking 1:30pm: Documentary 1:30pm: Trip to Cedar Creek Petting Zoo 2:00pm: Perler Bead Keychains	3 9:30am: Stretching/Walk 9:45am: Manners 101 10:00am: Fishing and Picnic at Regina Beach 11:00am: Roughriders Highlights 1:30pm: Movie 2:00pm: SMART Goals	4 9:30am: Stretching 9:45am: Self Esteem Workshop 10:30am: Coping with Anxiety Group 1:30pm: Bingo 2:30pm: Creative Journalling
7 Club Closed for Stat Holiday	8 9:30am: Stretching/Walk 10:00am: Mindfulness Group 10:30am: Truth and Reconciliation Video 1:30pm: Lawson Group 2:00pm: Movie & Snack 3:00pm: Ice Cream	9 9:45am: Adaptable dance workout 10:00am: Western Development Museum & Picnic 10:00am: Hygiene 101 10:30am: Diamond Paint Coasters 11:00am: Health Teaching 1:30pm: Documentary 2:00pm: WRAP Group	10 9:30am: Stretching/Walk 10:00am – 12pm: 1 – 1 Health Clinic 10:00am: Great Canadian Baking Show 11:00am: Roughriders Highlights 1:30pm: Movie 1:30pm: Wellness Group 2:00pm: Karaoke 2:00pm: Nail Painting	11 9:30am: Stretching 10:30am: Zentangle 1:15pm: Bingo 2:30pm: WFYL
14 9-11am: Crafts 9:30am: Stretching 10:00am: CBC Videos 1:30pm: Bingo 2:30pm: Bracelet Making	15 9:30am: Stretching/Walk 10:00am: Storytelling Group 10:30am: How It's Made 1:30pm: Lawson Group 2:00pm: Personal Wellbeing Group 2:00pm: Computers 101 3:00pm: Ice Cream	16 9:45am: Adaptable dance workout 10:00am: Farmers Market 11:00am: Health Teaching 1:30pm: Documentary 1:30pm: A.E. Wilson Park Nature Scavenger Hunt 2:00pm: Board Games	17 9:30am: Stretching/Walk 10:00am – 12pm: 1 – 1 Health Clinic 10:00am: Great Canadian Baking Show 11:00am: Roughriders Highlights 1:30pm: Movie 1:30pm: Wellness Group 2:00pm: Stress Ball Making	18 9:30am: Stretching 9:45am: Emotions Regulation Group 10:30am: Coping with Anxiety Group 1:30pm: Bingo 2:30pm: Creative Journalling
21 9-11am: Crafts 9:30am: Stretching 10:00am: CBC Videos 10:30am: Healthy Boundaries 1:30pm: Bingo 2:30pm: Pictionary with RPS	22 9:30am: SMART Recovery Presentation 10:00am: Mindfulness Group 10:30am: Overdose Outreach Team Presentation 1:30pm: Lawson Group 2:00pm: Movie & Snack 3:00pm: Ice Cream	23 9:45am: Dance workout 10:00am: Coffee Group 10:30am: Collaborative Scrapbooking 11:00am: Health Teaching 1:30pm: Trip to Royal Museum 1:30pm: Documentary 2:00pm: Community Baking	24 9:30am: Stretching/Walk 10:00am – 12pm: 1 – 1 Health Clinic 10:00am: Great Canadian Baking Show 11:00am: Roughriders Highlights 1:30pm: Movie 1:30pm: Wellness Group 2:00pm: Nail Painting 2:00pm: Karaoke	25 9:30am: Stretching 10:00am: Beading Basics 1:15pm: Bingo 2:30pm: WFYL 2:30pm: September Birthday Party
28 9-11am: Crafts 9:30am: Stretching 10:30am: Book Club with Tammie 1:30pm: Bingo 2:30pm: Trivia & Snacks	29 9:30am: Stretching 10:00am: Orange Shirt Day Video 10:30am: TRC Buttons 10:30am: How It's Made 12:00pm: Truth and Reconciliation BBQ 1:30pm: Lawson Group 3:00pm: Ice Cream	30 Club Closed for National Day of Truth and Reconciliation	DAILY 9-4am Exercise Equipment Available	DAILY 1-4pm Stretching Crafts Games Pool

September is National Recovery Month. Join us for informative sessions to learn more about recovery.

September 30 is National Day for Truth and Reconciliation. Throughout the month, we will focus on education and awareness, celebrate Indigenous cultures, and honour our shared history.

WHAT'S GOING ON IN SEPTEMBER AT THE MEMBER'S CLUB!!

Please welcome our Nursing students Sophia, Teagan, and Aynsley. They will have their 1st day on September 2nd.

Truth and Reconciliation BBQ will take place on September 29th from 12:00pm – 12:50pm.

Club will be closed on Monday September 7th for Labour Day and Wednesday September 30th for Truth and Reconciliation Day.

- **Crafts:** Mondays from 9:00 to 11:00am.
- **Movies:** Thursdays at 1:30pm. Playing in the TV room at the club.
- **Movie and Snack:** on Tuesday September 8th and 22nd at 2:00pm. Join us in the main area of the club as we watch a movie and have some snacks.
- **Slime Making:** on Tuesday September 1st at 2:00pm.
- **Community Baking:** Join us on Wednesday September 23rd at 2:00pm to make some sweet or savory baked goods! Four people per group, sign up in club.
- **Bingo:** is on Monday and Friday afternoons at 1:30pm. **Please note that Bingo will start at 1:15pm on Friday, September 11th and 25th.**
- **Stretching:** on Monday, Tuesday, Thursday, and Friday mornings at 9:30am, join us while we follow along to a stretching video for all fitness levels.
- **WFYL - "Writing for Your Life":** Group is on Friday, September 11th and 25th at 2:30pm. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays September 1st, 8th and 22nd at 10am.
- **Healthy Boundaries:** Come and learn about boundaries on Monday September 21st at 10:30am.
- **Beading Basics:** on Friday September 25th at 10:00am. Come and join to learn about beading.
- **Adaptable Dance Workout:** on Wednesdays at 9:45am! We will be following along to dance routines that can be done standing or sitting!
- **Zentangle:** on Friday September 11th at 10:30am.
- **Community Outings:**
 - **Walk to the Farmers Market** on Wednesday September 2nd and 16th at 10:00am.
 - **Trip to Cedar Creek Petting Zoo** on Wednesday September 2nd at 1:30pm.
 - **Fishing and Picnic at Regina Beach:** on Thursday September 3rd at 10:00am.
 - **Trip to Western Development Museum and Picnic in Moose Jaw** on Wednesday September 9th at 10:00am.
 - **A.E. Wilson Park Nature Scavenger Hunt:** on Wednesday September 16th at 1:30pm.
 - **Coffee Group:** on Wednesday September 23rd at 10:00am.
 - **Trip to Royal Saskatchewan Museum:** on Wednesday September 23rd at 1:30pm.
- **Coping with Anxiety Group:** on Friday September 4th and 18th at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Self-esteem Workshop:** Come and learn about self-esteem on Friday September 4th at 9:45am.
- **Pictionary with Regina Police Services:** on Monday September 21st at 2:30pm.
- **Creative Journaling:** Learn to journal your way! Join us to learn new and exciting ways to put your thoughts on paper on Fridays September 4th and 18th at 2:30pm.
- **Personal Wellbeing Group:** on Tuesday September 15th at 2:00pm.
- **Computers 101:** Learn about computers on Tuesday September 15th at 2:00pm.
- **Nail Painting:** Join us to do some creative nail painting! On Thursdays September 10th and 24th at 2:00pm!
- **Book Club with Tammie:** Come to our Book Club meeting on Monday, September 28th at 10:30am, led by Tammie!
- **SMART Recovery Goals:** Join us to learn more about SMART recovery and goal setting utilizing core values on Thursday September 3rd at 2:00pm.
- **How it's Made:** Watch some videos with us on Tuesdays at 10:30am about how things are made and produced! Cancelled on September 8th.
- **Diamond Painting Coasters:** Join us for some Diamond Art Painting on Wednesday September 9th at 10:30am.
- **Lawson Group:** on Tuesdays at 1:30pm.
- **Bracelet Making:** Make some fun bracelets with us on Monday September 14th at 2:30pm.
- **Perler Bead Keychains:** on Wednesday September 2nd at 2:00pm.
- *****NEW: Roughriders Highlights:** on Thursdays at 11:00am.
- *****NEW: WRAP Group:** The foundation of WRAP's six parts is the wellness toolbox. Using the tools in our wellness toolbox, we build our WRAP on September 9th.
- *****NEW: Overdose Outreach Team Presentation:** on Tuesday September 22 at 10:30am.
- *****NEW: Manners 101:** Come and learn some communication skills on Thursday September 3rd at 9:45am.
- *****NEW: Hygiene 101:** on Wednesday September 9th at 10:00am.
- *****NEW: Pipe Cleaner Critters:** on Wednesday September 9th at 2:00pm.
- *****NEW: Storytelling Group:** Come and share your favourite stories on Tuesday September 15th at 10:00am.
- *****NEW: Board Games:** Come and play board games on Wednesday September 16th at 2:00pm.
- *****NEW: Stress Ball Making:** on Thursday September 17th at 2:00pm.
- *****NEW: Emotions Regulation Group:** On Friday September 18th at 9:45am
- *****NEW: SMART Recovery Presentation:** Learn about Self-Management and Recovery Training on Tuesday September 22nd at 9:30am.
- *****NEW: Pipe Cleaner Craft Critters:** Join us on Wednesday September 9th at 2:00pm and learn how to make some cute pipe cleaner critters!
- *****NEW: Nursing Student Activities: Health Teaching:** Join our Nursing students to learn more about taking care of our health on Wednesday starting on September 9th at 11:00am. **1 – 1 Health Clinic:** Join our Nursing students for a 1 – 1 health check in on Thursdays Starting September 10th from 10:00am to 12:00pm. **Wellness Group:** Join our Nursing students for wellness activities on Thursdays at 1:30pm.
- *****New: Truth and Reconciliation Video:** Come and learn about Truth and Reconciliation on September 8th at 10:30am.
- *****NEW: Orange Shirt Day Video:** Learn about Orange Shirt Day on Tuesday September 29th at 10:00am.
- *****NEW: Truth and Reconciliation Buttons:** on Tuesday September 29th at 10:30am.

SEPTEMBER'S BIRTHDAY PARTY WILL BE ON FRIDAY, SEPTEMBER 25TH AT 2:30PM.