



NISA's Membership Holiday Party!

Come celebrate the holidays with us with a lunch, games, dancing & prizes!

**THURSDAY
DECEMBER
20** 12:00 - 4:00 p.m.
doors open at 11:30 a.m.

\$10 a ticket
DEADLINE: DEC 7

The Holiday Inn
Georgian ABC Room
1696 Regent Street

See Tammy, Alex T or Claudie to get your ticket! Let them know of any allergies or dietary needs you have.

819 BUS ROUTE
COPPER/4 CORNERS

LUNCH:
dinner rolls & butter
coleslaw
turkey with stuffing, mashed potato,
sliced carrots & cranberry sauce
pumpkin pie
coffee or tea
+ 1 pop per person
Note: A vegan/veg option will be available

generously supported by

Canadian Mental Health Association
Sudbury/Manitoulin

Association canadienne pour la santé mentale
Sudbury/Manitoulin

Northern Initiative for Social Action
Being • Belonging • Becoming

NISA

Initiative du Nord pour l'action sociale
Être • Appartenir • S'épanouir

the regional
warm line

North Bay • Parry Sound
Sault Ste. Marie • Sudbury
Timmins

1 866 856 9276 (WARM)
6 p.m. to 12 a.m. • 7 nights per week

CONNECT WITH US

Monday to Friday
8:30am-4:00pm

36 Elgin Street, 2nd floor
Sudbury, ON P3C 5B4

wheelchair accessible
Les services sont disponibles en français

705.222.NISA(6472)
✉ info@nisa.on.ca

www.nisa.on.ca
f nisasudbury
@nisanorthern

We acknowledge the ancestral and traditional Indigenous territories of the Anishinaabe People, and in particular, the Atikameksheng Anishnawbek First Nation on whose territory we stand. We recognize them as the original caregivers of this land.

Supported by: / Financé par :

 **Ontario**

North East Local Health Integration Network
Réseau local d'intégration des services de santé du Nord-Est

Northern Initiative for Social Action
Being • Belonging • Becoming

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CALENDAR OF PROGRAMS & EVENTS

DECEMBER 2018

HOLIDAY WELLNESS MONTH

Building mental health together in a place to belong



"It took me a long time to get over to NISA and register. But now that I have, I admit I truly enjoy it. NISA is the best thing for me right now."

What does recovery look like to you?

DECEMBER 2018: HOLIDAY WELLNESS MONTH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 3 | 4 | 5 | 6 | 7 |
| Sharing Circle: 10:30am Ornament Decorating: 12pm Weigh-In: 12:45pm Yarnworks: 1pm Exploring Our Skills and Goals: 1pm | Help with Computers: 10am Get Together: 10:30am Hot Dog Fundraiser (\$1 each): 11:30am WH/WB – Make Your Own Stocking: 1pm Writers’ Circle – Progress Reports: 1pm Alternatives to Suicide: 6pm | Food is Mood: 10am Open Artists’ Loft: 11am Paint Collective – Holiday Theme: 1pm The Rainbow Collective: 1pm | Membership Meeting and Potluck: 10:30am <i>Please bring a dish to share</i> NISA is CLOSED at 1:30pm *MOMS Support Group: 6pm | Sharing Circle: 10:30am Pool at the Legion: 12pm MAD Studies 101: Getting a Handle on Antipsychiatry: 2:30pm Dinner to Go: 1pm <i>NISA Holiday Tree Decorating</i> <i>Last day to buy tickets to our Holiday Party!</i> |
| 10 | 11 | 12 | 13 | 14 |
| <i>Holiday Shoebox Giveaway</i> Sharing Circle: 10:30am *Naloxone Training: 12pm Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Holiday Party Committee Meeting: 2pm | Get Together: 10:30am Alternatives to Suicide: 12pm WH/WB – Quilting: 1pm Writers’ Circle – Holiday Theme: 1pm *Peer Support for the Supporter: 6pm | Food is Mood: 10am Holiday Card-Making: 11am Freethinkers 12 STEP – Addiction Support Group: 1pm Cercle de partage: 1pm | Expressive Art: 10am Homemade Apple Cider-Making: 12pm *Recovery Wellness – Assertiveness Workshop: 1pm Music in Recovery: 2:30pm | Sharing Circle: 10:30am Dinner to Go: 1pm Holiday Karaoke: 2pm |
| 17 | 18 | 19 | 20 | 21 |
| Sharing Circle: 10:30am Yarnworks: 1pm <i>Holiday Food Drive Delivery</i> <i>for Elgin St. Mission</i> | Help with Computers: 10am Get Together: 10:30am Holiday BINGO: 12pm WH/WB – Quilting: 1pm Writers’ Circle – Peer Editing: 1pm Magical Paws: 1pm Alternatives to Suicide: 6pm | Food is Mood: 10am Holiday Gift Tag-Making: 11am | NISA is CLOSED at 11am for our: <i>*Holiday Party!</i> <i>12 – 4 pm: Holiday Inn, 1696 Regent Street</i> <i>Doors open at 11:30 a.m. (Georgian ABC Room)</i> <i>Along the 819 Copper/4 Corners bus route</i> *MOMS Support Group: 6pm | Sharing Circle: 10:30am Zumba: 12pm Dinner to Go: 1pm Holiday Movie: 1pm NISA is CLOSED at 3pm |
| 24 | 25 | 26 | 27 | 28 |
| Sharing Circle: 10:30am Holiday Cookie Baking: 11am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm | NISA is CLOSED | NISA is CLOSED | Recovery Wellness – Surviving the Holidays: 1pm Music in Recovery: 2:30pm | Sharing Circle: 10:30am *NISA Holiday Get Together Dinner (see Tammy to register): 1pm |
| 31 | | | | |
| Sharing Circle: 10:30am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm | | | *Indicates registration is required | *Fall into Art with Cathy Ritzel - Sunday, December 2 - Sunday, December 9 |

