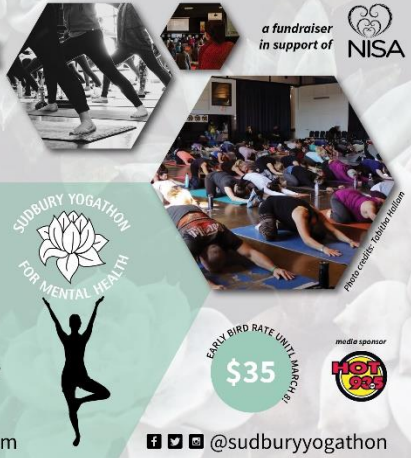


SAVE the DATE  
APRIL 7, 2019



Our annual Yogathon fundraiser is coming up on Sunday, April 7! Members can attend for FREE by contacting Carlie or Audrey at NISA. You can also go to [www.sudburyyogathon.com](http://www.sudburyyogathon.com) to register. This event is welcoming of all levels of experience and about honouring the value of yoga as one part on one's well-being practice.



Spring NISA Dance!! | Friday, April 26 at 6 p.m

459 Antwerp Street, Antwerp Playground  
Along the Donovan bus route  
\$5 per person (includes 2 slices of pizza and a pop).  
Money due by Tuesday, April 16.  
See Tammy for more information.

## 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

📘 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 :



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Integration Network

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des services de santé  
du Nord-Est

Northern Initiative  
for Social Action  
Being • Belonging • Becoming



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

## CALENDAR OF PROGRAMS & EVENTS

APRIL 2019

SOCIAL 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."



# APRIL 2019: SOCIAL WELLNESS MONTH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sharing Circle: 10:30am Upcycle Clothing Repair: 12pm Weigh-in: 12:45pm Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Drumming Circle: 2pm	2 <i>World Autism Awareness Day</i> Expressive Art: 10am Food is Mood: 10am Healing Properties with Crystals: 12:30pm Writers' Circle: 1pm	3 Food is Mood: 10am NISA Clean-Up: 12pm Freethinkers 12 STEP: 1pm Read and Share: 2pm	4 Free Income Tax Clinic (sign-up with Tammy): 9:30am – 12pm <i>Membership Meeting and Potluck: 10:30am</i> <i>Please bring a dish to share</i> NISA is CLOSED at 1:30pm	5 Sharing Circle: 10:30am Pool at the Legion: 12pm Gender and Sexuality 101: 1pm Karaoke: 2pm
8 Sharing Circle: 10:30am Upcycle Clothing Repair: 12pm Yarnworks: 1pm Exploring Our Skills and Goals – Smoking Cessation Presentation: 1pm Drumming Circle: 2pm Alternatives to Suicide: 6pm	9 Expressive Art: 10am Food is Mood: 10am Writers' Circle: 1pm Inner Child Workshop with Terry: 2pm	10 Food is Mood: 10am Vanishing Point Art Workshop: 12pm Freethinkers 12 STEP: 1pm Bereaved by Death: 2pm <i>Last day to register for April 18 Art Gallery tour and workshop (free!)</i>	11 *Self Esteem Workshop (3 of 5): 10am Seasonal Affective Disorder 101: 11am Recovery Wellness – Tour Parkside Centre: 1pm Meditation for Skeptics: 2pm *MOMS Support Group: 6pm	12 Sharing Circle: 10:30am Soup and Grilled Cheese Fundraiser (\$1.50): 11am ZUMBA: 1pm Skip Bo Challenge: 2pm
15 Sharing Circle: 10:30am Upcycle Clothing Repair: 12pm Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Drumming Circle: 2pm	16 Food is Mood: 10am Pillow-Making Workshop: 12pm Writers' Circle: 1pm Video Gaming: 2pm	17 Food is Mood: 10am Summer Day Trip Committee Meeting: 12pm Freethinkers 12 STEP: 1pm Read and Share: 2pm	18 *Self Esteem Workshop (4 of 5): 10am Stress 101: 11am Recovery Wellness – Art Gallery Tour & Workshop: 1pm Meditation for Skeptics: 2pm Music in Recovery: 2:30pm <i>Last day to register for our April 26 Spring Dance (\$5)</i>	19 NISA is CLOSED for Good Friday
22 NISA is CLOSED for Easter Monday	23 Expressive Art: 10am Food is Mood: 10am Alternatives to Suicide: 12pm Writers' Circle: 1pm	24 Food is Mood: 10am BINGO: 12pm Freethinkers 12 STEP: 1pm Cercle de partage en français: 1pm	25 Expressive Art: 10am *Self Esteem Workshop (5 of 5): 10am Stages of Change 101: 11am Recovery Wellness – Kindness Rocks: 1pm Meditation for Skeptics: 2pm *MOMS Support Group: 6pm	26 Healthy Eating Discussion: 10:30am Write your Recovery Story: 12pm Richard Simmons Workout: 1pm NISA SPRING DANCE: 6pm
29 Sharing Circle: 10:30am Upcycle Clothing Repair: 12pm Yarnworks: 1pm Exploring Our Skills and Goals – Sexual Health: 1pm Drumming Circle: 2pm	30 Expressive Art: 10am Food is Mood: 10am Naloxone Training: 12pm Writers' Circle: 1pm Peer Support for the Supporter: 6pm	* Indicates pre-registration is required	See Tammy or Claudie for more information on and to pay for the Spring Dance (\$5) or to register for the Art Gallery tour (free!)	Sunday, April 7 Sudbury Yogathon for Mental Health A NISA fundraiser 9am to 3:30pm   Caruso Club FREE for members – see Carlie or Audrey