



# November 2023: Emotional Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
On November 2 we will be celebrating NISA's 25 anniversary. There will be guest speakers, media, food and NISA's Got Talent.	Last day to pay for the Member Holiday party is November 30.	10:30am Food is Mood 1:00pm Meditation guide 2:00pm Emotional Wellbeing and Gardening	<b>10:30am: NISA's 25 Anniversary Celebration</b>	10:30am Positivitree 1:00pm Open Mic
10:30am: Sharing Circle 1:00pm: Exploring Our Skills and Goals 1:30pm: Older Adult Sharing Circle	10:30am <b>Storytelling</b> 1:00pm Writers' Circle 2:00pm Sensory Overload	10:30am Food is Mood 12:30pm Naloxone Training 1:00pm Emotional Wellness & Breathing Techniques 2:00pm <b>Stress Rice Balloons</b>	10:30am Food is Mood 1:00pm Build Your Happy Place Meditation 2:00pm Zumba Dance Activity	10:30am <b>Do It Yourself Activity</b> 1:00pm BINGO
10:30am: Sharing Circle 1:00pm: Exploring Our Skills and Goals 1:30pm: Older Adult Sharing Circle	10:30am <b>Vision Board</b> 1:00pm Writers' Circle 2:00pm <b>Finding Balance</b>	10:30am Food is Mood 1:00pm LGBTQ+ Sharing Circle 2:00pm Art Skills	10:30am Food is Mood 1:00pm Singing Bowl Meditation 2:00pm <b>Exploring Positive Emotions Beyond Happiness</b>	10:30am Emotion Wheel 1:00pm Open Mic
10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals 1:30pm: Older Adult Sharing Circle	10:30am Mindful Braiding 1:00pm Writers' Circle 2:00pm What Makes You Happy	10:30am Food is Mood 1:00pm Cultures and Emotions 2:00pm Feelings Walk	10:30am Food is Mood 1:00pm Famous Figures in History: Leonardo Da Vinci 2:00pm Drawing Emotions	<b>NISA Closed To The Public</b> <b>NISA Clean Up Day</b>
10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals 1:30pm: Older Adult Sharing Circle	10:30am Emotion Charades 1:00pm Writers' Circle 2:00pm Movie- Inside Out 6:00pm Peer Support for the Supporter Sign up with Hugh hjeanveau@nisa.on.ca 6:00pm: Game Changers Sign up with Tanner tjarmstrong@nisa.on.ca	10:30am Food is Mood 1:00pm Emotion Through Art 2:00pm Food and Emotions  6:00pm Pride Support Sign up With Jenna or Dana jbarnes@nisa.on.ca or dlove@nisa.on.ca	10:30am Food is Mood 1:00pm Neurodivergent Group: Autism 2:00pm Crib Tournament	