



September 2024: Emotional Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p style="text-align: center;">NISA CLOSED STAT HOLIDAY</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">10:30am Forgiveness *1:00pm Writers Circle 2:00pm: Recovery Sharing Circle</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">10:30am Food is Mood (Jen) 1.00pm: Perfume Workshop 2.00pm: Movie Afternoon</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">10:30am Membership Meeting ID: 950 311 1979 Password: 6472</p> <p style="text-align: center;">12:00pm NISA Closed</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">10:30am; Pictionary 1:00pm Bingo (Students) 2.00pm: Recovery Sharing Circle</p>
<p style="text-align: right;">9</p> <p style="text-align: center;">*10:30am Sharing Circle 12:30pm Exploring Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">10:30am Enchilada Bake with Mic *1:00pm Writers Circle 2:00pm: Gratitude Jars</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">10:30am Food is Mood 1.00pm: Blind Contour 2.00pm: Mindfulness</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">10:30am Food is Mood 1.00pm: 2S-LGBTQ2+ Older Adult Support (Paul P)</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">10:30am Yoga/Zumba 12:00 Recovery Sharing Circle 1.00pm: Open Mic</p>
<p style="text-align: right;">16</p> <p style="text-align: center;">*10:30am Sharing Circle 12:30pm Exploring Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">10:30am: Volunteering for Happiness *1:00pm Writers' Circle 2:00pm: Expressing Gratitude</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">10:30am Food is Mood 1:00pm 2S-LGBTQ+ Support Group 2:00pm: What is Emotional Wellness</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">10:30am Food is Mood *1:00pm Virtual Hang Out 2:00pm Paint a Long</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">10:30am: Sleeping Better 12.00pm: Ping Pong Tournament 1:00pm Bingo</p>
<p style="text-align: right;">23</p> <p style="text-align: center;">*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">10:30am: Breakfast with Annette *1:00pm Writers' Circle 2:00pm Meditation for Emotional & Physical Health</p> <p style="text-align: center;">6:00pm Peer Support for the Supporter Sign up with Hugh at hjeanveau@nisa.on.ca</p> <p style="text-align: center;">6:00pm Game Changers Sign up with Jeremy Mullin at jmullin@nisa.on.ca</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">10:30am Food is Mood (Lily) 1:00pm Older Adult Program-BWELL Bingo 2:00pm Reduce Stress</p> <p style="text-align: center;">6:00pm Pride Support Sign up With Jenna jbarnes@nisa.on.ca</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">10:30am Food is Mood (Valerie) *1:00pm Virtual Hang Out 2:00pm Guided Meditation</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">10:30am Cribbage Tournament 12.00pm: Recovery Sharing Circle 1.00pm Open Mic (Students)</p>
<p style="text-align: right;">30</p> <p style="text-align: center;">*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>		<p style="text-align: center;">Recovery Sharing Circle A new sharing circle for supporting individuals in addiction recovery. Sign up with Sherry</p>		<p>Virtual Zoom Option has a * beside it. The meeting ID is in Group Descriptions</p>

<p>Food is Mood Learning to cook in a group on a budget.</p> <p>Sharing Circle Discussing topics that are on our minds in a safe and nonjudgemental environment.</p> <p>Meeting ID: 391 416 2983</p>	<p>Open Mic Come and sing, dance or even read poetry.</p> <p>Pride Support The 2S-LGBTQ+ evening group that talks about different stuff going on in the city and provide peer support to those that need it.</p>	<p>Self Compassion Workshop Interactive Workshop with Mic on Self Compassion.</p> <p>Enchiladas with Mic Come learn how to make Enchiladas with Mic. Recipe Card to take home.</p>	<p>BWELL-Bingo A new way to play Bingo and learn about wellness.</p> <p>Ping Pong with Shirley/Marek Who can beat Shirley or Marek at a game of Ping Pong?</p>	<p>Pictionary Draw the prompt in 60 seconds or less to win!</p> <p>Paint a Long Arts Skill Class: Watercolor Garden.</p>
<p>Exploring Our Skills and Goals Learning a specific life skill or making a life goal.</p> <p>Older Adult Sharing Circle Discussing topics geared towards Older Adults in a safe and nonjudgemental environment.</p>	<p>Cribbage Tournament Come and challenge NISA members to cribbage and see who wins to get their name on winner's board.</p> <p>2S-LGBTQ+ Older Adult Support Circle A group for older adults to discuss your experiences and struggles as well as solutions to improve Queer Mental Health.</p>	<p>Expressing Gratitude An interactive workshop of learning the benefits of gratitude.</p> <p>Breakfast with Annette Come and enjoy a yummy breakfast with Annette (French Toast, Sausage, Fruit & Yogurt) Sign up with Mic</p>	<p>Emotional Wellness Come learn the concepts of what it means to have Emotional Wellness.</p> <p>Mindfulness What is Mindfulness? How do I practice that in my daily life.</p>	
<p>Writer's Circle A place to hone your writing skills with prompts and writing exercises. Meeting ID: 832 986 9584</p> <p>2S-LGBTQ+ Sharing Circle A place where 2S-LGBTQ+ community can come and discuss topics in a safe and nonjudgemental environment.</p>	<p>Forgiveness Forgiving others can be hard but if you can accomplish this, you can live a happier life.</p> <p>Volunteering Come find the joy in helping others.</p> <p>Sleep Better Learn tips and tricks on how to sleep better.</p>	<p>Self Care Learn how to maintain your physical, mental and emotional health.</p> <p>Gratitude Jars Create Gratitude Jars to acknowledge all the positive aspects in your life.</p>	<p>Meditation Learn how Meditation improves both your Emotional and Physical Health.</p> <p>Perfume Workshop Create your own mini perfume using essential oils</p>	
<p>Peer Support for the Supporter A place where people who take care of others can come to provide peer support to each other.</p> <p>Game Changers A group that plays different kinds of games, like board games, card games and other kinds of games.</p>	<p>Movie Afternoon Enjoy a movie at NISA with Peer Staff (popcorn included)</p> <p>Virtual Hang Out A virtual place where people can share what is happening in their life. Meeting ID: 391 416 2983</p>	<p>Reduce Stress Group to learn how to acknowledge the triggers associated with stress. Learn techniques to reduce our stress.</p> <p>Recovery Sharing Circle A new sharing circle for supporting individuals in addiction recovery. Sign up with Sherry</p>	<p>Blind Contour (Art Wellness) A fun activity and how to let go of perfection.</p> <p>Yoga/Zumba Exercise has a huge impact on emotional wellness. Come join our group class.</p>	

Monthly Group Descriptions