

# Anchor and Wings



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We are here to welcome  
you from  
**Tuesday to Friday**  
of  
**9am to 4pm**

**JANUARY**  
**2023**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6
<b>CENTER CLOSED</b> (Holiday break) If you need help, you can call the Tournant crisis line 24 hours a day: 1 833 371-4090 (toll free)			
	(Phone tour from the team) 😊		<i>Happy Birthday Steve E. (7)</i> <i>Happy Birthday Marcel D. (8)</i>
10  Pyjama Day + Special brunch lunch  1:30 <b>Support Group</b>	11  10:30 <b>Guided Meditation</b>  1:00 <b>MEMBERS MEETING</b> *Free Lunch for Participants	12  1:30 <b>PERSONAL DEVELOPMENT</b> « Esteem needs »  <i>Happy Birthday Patricia V.</i>	13  <b>CENTER CLOSED</b> (team in meeting)
17  1:30 <b>Bingo</b>  <i>Happy Birthday Chantal B.</i>	18  10:30 <b>Guided Meditation</b>  1:30 <b>THE IMPERFECTS</b> « Esteem needs: <b>Creative Side</b> »	19  1:30 Presentation of the video <b>« Unbalance »</b> (in French) + Group feedback	20  1:30 <b>Music Jam Session / Board Games</b>
24  1:30 <b>Support Group</b>	25  10:30 <b>Guided Meditation</b>  1:30 Fundraising Implication	26  10:30 <i>Let's Cook Together</i>	27  1:30 <b>Music Jam Session / Board Games</b>

## PROGRAMMING DETAILS...

- **Support Group:** This support group is a non-discriminatory gathering of people who listen to each other and can support each other through their experiences and common concerns related to mental health. Our support group seeks to provide a support system for people who have similar experiences.
- **Meditation:** It is important to take a break and take care of yourself. We offer you the opportunity to do so with a few minutes of meditation in the salon. An application will gently guide you. Meditation is a relaxing practice that can help you better manage stress, anxiety and emotions. It can also have benefits on memory, cognitive abilities and also on the physical aspect such as chronic pain, fatigue, sleep disorder, etc.
- **Meeting of Members:** Once a month, at the meeting of members, people discuss different aspects of the functioning of the organization, make clarifications, give their opinions, ideas and identify their needs regarding activities, Workshop topics and training they want to cover. We consider suggestions from our members to the extent possible.
- **Personal Development:** Personal development touches on all aspects of our lives: life balance, self-improvement, self-confidence, self-esteem, etc. Come and experience a global process of self-reflection and the valorization of one's potential to improve the quality of one's life and to realize one's deepest aspirations. "I am the master of my destiny and the captain of my soul". This month, still referring to the pyramid of needs, known as Maslow's pyramid, we will discuss the importance of meeting our various ESTIMATE needs.
- **Bingo:** We will play a few games with each other in our common room to give you a chance to win free meal coupons, hygiene and beauty products, chocolates, etc.
- **The Imperfects: Art that feels good!** It helps people with mental health problems through artistic expression. This creative workshop is not about making a work of art, but rather about using art as a means of expression in its various forms: drawing, painting, sculpture, collage, etc. It is therefore important to let one's imagination go without focusing on the result: artistic work thus allows one to work on one's inner life: emotions, thoughts, intuition, imagination. This month, we will follow up on the content presented during the previous workshop on personal development, i.e. the ESTIMATE needs. Come and explore these parts of Maslow's pyramid from an artistic perspective.
- **Déséquilibre:** A 31-minute Quebec social documentary on the prejudices surrounding people living in poverty, which attempts to draw a portrait of poverty in relation to official measures. It features experts on the subject, such as Vivian Labrie, an independent researcher on the issue of inequality, and Marc De Koninck, President of the Social Development Committee of Centraide Québec et Chaudière-Appalaches. But the key element of the film is the testimonies of "life experts", such as Réjean Desrosiers or Sylvie Poulin, who have experienced or are currently experiencing poverty. The film goes on to discuss food insecurity and its impact on the people who are victims of it. The documentary discusses the construction of prejudices against people living in poverty, their function and their effects. Finally, it explores different possible solutions to reduce poverty and social inequality in Quebec.
- **Music:** Music has always been a vehicle for sharing. It allows people to come together and share. It creates a real social bond between individuals. Through our Friday gatherings in our music room, participants can experience the many benefits of this universal art.
- **Board games:** For adults, the game may seem pointless or even useless. Yet it would be indispensable to all, and its benefits are undeniable: reduction of stress, intellectual stimulation, development of creativity, connection with others, etc. Contrary to popular belief, board games can also have beneficial effects. Here are a few examples: playing makes you think, thus involves mental functions: memory, strategy-planning, abstraction, creativity, curiosity, concentration, management, observation, etc.
- **Involvement Fundraising:** The funds raised will be used to finance a group stay at the Jouvence resort in the summer of 2023. We need a lot of commitment to make this project a success. This month we are planning to seek sponsors and organize a special spaghetti dinner day scheduled for June 2023.
- **Let's Cook Together:** Put on your aprons to cook in a small group a complete meal (first course, main course, dessert) to bring home for free. The activity aims to develop your resourcefulness, creativity, culinary skills and teamwork. The menu is chosen the same morning at 10:30 depending on the inventory available on site. Decisions are made with compromises that are mutually agreeable.