

November 2023

Mutual Help Group and Living Environment in Mental Health

Anchor & Wings



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



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 13:30 Discover our Food Resources at La Bouffe Additionnelle Happy Birthday Cynthia (5)</p>	<p>8 11:00 Guided Meditation 13:30 THE POWER OF WORDS</p>	<p>9 10:30 ACTIVE MINUTES (land art harvesting) 13:30 Let's Connect (The right to eat)</p>	<p>10 13:30 Board Games at the Kitschin Café Happy Birthday Yvan B.</p>
<p>14 11:00 HOW ARE YOU DOING? 13:00 Members Meeting *FREE LUNCH FOR PARTICIPANTS</p>	<p>15 11:00 Guided Meditation 13:30 Leisure Committee: Christmas</p>	<p>16 10:30 ACTIVE MINUTES 13:30 THE IMPERFECTS (Land Art)</p>	<p>17 13:30 CENTER CLOSED team in meeting</p>
<p>21 LUNCH: CHEF FOR A DAY 13:30 PRACTICAL WORKSHOP (original tips)</p>	<p>22 11:00 Guided Meditation 13:30 ROCK me a SMILE</p>	<p>23 10:30 ACTIVE MINUTES 19:00 Humor and magic show MARTIN ROZON CVR Auditorium</p>	<p>24 13:30 Board Games + Music jam</p>
<p>28 13:30 PHOTO RALLY IN THE VILLAGE</p>	<p>29 11:00 Guided Meditation 13:00 BOWLING IN VALLEYFIELD 10\$ (2 games)</p>	<p>30 10:30 ACTIVE MINUTES 13:30 When words fail, music speaks (Your Youth Programs)</p>	<p>1 13:30 Board Games + Music jam</p>

Discover our Food Resources

The Huntingdon ADDS invites you to discover the best ways to bring food to the table: food counters, Christmas baskets and freezers from Les Complices Alimentaires in collaboration with La Bouffe Additionnelle.

You'll be given a practical tool, and a discussion of food-related needs and issues will give you a chance to have your say.

Let's Connect

As a follow-up to the ADDS workshop at Bouffe Additionnelle du 7, we're going to discuss the real, growing and now most alarming issues surrounding people's access to food (inflation, distance, shortages, etc.).

Members Meeting

One of the items on the agenda will be to plan the month of December together. A committee will be formed to work out the game plan for Christmas with interested members. However, we'd be delighted to hear any suggestions you may have to help them get started.

Board Games

N.B. A visit to the village's charming little Kitschin Café on the 1st Friday of the month adds even more of life's little pleasures to this rejuvenating moment. N.B. Bring your own money if you wish.

When words fail, music speaks

Let's get a little nostalgic! For the workshop on the 30th, tell us what was your favorite youth TV song? From early childhood to adolescence, television was an infinite source of earworms that still linger in the back of our minds.

The Imperfects

To highlight our current beautiful autumn colors, we're going to explore the concept of Land Art: an art form that uses nature and elements of the landscape to create ephemeral works of art in the open air.

Practical Workshop

We're going to start this new workshop with a mishmash of several unpublished tips from internet research that could change your life...who knows?

aROCK me a SMILE

We've planned a short explanation of the nature of this artistic, but above all social, workshop. Afterwards, we'll start creating a variety of rocks to form a "giant caterpillar", which we'll eventually place outside.

MARTIN ROZON

An evening organized by the Haut-St-Laurent Distress Committee to mark Mental Illness Awareness Week, which ran from October 1 to 7. As they say, better late than never. Tickets cost \$10/person, but the resource offers free admission to its members. Registration required! For the occasion, the center's schedule will be shifted to open later in the evening, and we'll have supper instead of lunch before heading off together to Ormstown's CVR high school.

Photo Rally

A short route awaits you in the village. Where is the final destination? It's up to you and your group to discover the hosts' hiding place. Note that the principle remains the same as in September, but in a completely new adventure. N.B. In case of rain, the activity will take place the following day.