


# Resources for HOPE April Activity Calendar 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For More Information About the Drop-in Program Call: 1-519-587-4658 ext. 5 Please request or cancel transportation  <b>A minimum of 48 hours in advance</b> for booking purposes			<b>Individual Mental Health Peer Support</b> By Appointment Only	<b>Building a Support System</b> (1:00pm-3:00pm) <b>In Person + Online</b>	Centre Closed	Centre Closed
Centre Closed	Centre Closed	<b>Mindfulness &amp; Meditation Techniques</b> (1:00pm-3:00pm) <b>In Person + Online</b>	<b>Individual Mental Health Peer Support</b> By Appointment Only	<b>Name that Tune: Movie Soundtracks</b> (1:00pm-3:00pm)	<b>Art Social</b> (9:30am-12:00pm) <b>Member's Meeting</b> (12-1pm) <b>In Person + Online</b> <b>Herb Garden Craft</b> sign up required by April 2 <sup>nd</sup> . (1:00pm-3:00pm)	Centre Closed
Centre Closed	<b>Meditation</b> (9am-10am) <b>In Person + Online</b> <b>Food Stop Jams/Jellies</b> (1:00pm-3:00pm)	<b>Foods Impact on Mental Health</b> (1:00pm-3:00pm) <b>In Person + Online</b>	<b>Individual Mental Health Peer Support</b> By Appointment Only	<b>Exercise and Mental Health</b> (1:00pm-3:00pm) <b>In Person + Online</b>	<b>Art Social</b> (9:30am-12:30pm) <b>Student Farwell</b> (12:30pm-3:00pm)	Centre Closed
Centre Closed	<b>Meditation</b> (9am-10am) <b>In Person + Online</b> <b>Trail Walk</b> - sign-up required by April 16th (1:00pm-3:00pm)	<b>Roles in the Mental Health System</b> (1:00pm-3:00pm) <b>In Person + Online</b>	<b>Individual Mental Health Peer Support</b> By Appointment Only	<b>Brain Fit</b> (1:00pm-3:00pm)	<b>Art Social</b> (9:30am-11:30am) <b>Wellness Bag Assembly/pizza lunch</b> (11:30-3:00pm)	Centre Closed
Centre Closed	<b>Meditation</b> (9am-10am) <b>In Person + Online</b> <b>Movie Day- Fantastic Four</b> (1:00pm-3:00pm)	<b>Sleep &amp; Mental Health</b> (1:00pm-3:00pm) <b>In Person + Online</b>	<b>Individual Mental Health Peer Support</b> By Appointment Only	<b>Challenges &amp; Motivation</b> (1:00pm-3:00pm) <b>In Person + Online</b>	<p><b>*To avoid disappointment please sign up for all crafts and outings, a minimum of one week ahead, even if a sign-up date is not on the calendar. Outings and crafts can be cancelled based on numbers.</b></p> 