





# Club Simcha (Joy)

A Weekly Open Forum & Social Group for Adults with Mental Health Challenges

**Find a Friend. Make a Meaningful Connection.**

 Mondays, 11:30 AM - 1:30 PM

 Community Engagement Studio A, Prosserman Jewish Community Centre, 4588 Bathurst St, North York

Participation is completely free of charge.

Join us at Club Simcha, where every meeting is an opportunity to connect, share, and grow. Our gatherings are designed to provide a warm, supportive environment for individuals facing mental health challenges. Here's what a typical meeting looks like:



## Meet and Greet & Check-In

Start with a warm welcome and a chance to get to know each other.



## Keynote Speaker

Gain insights and inspiration from our guest speakers, followed by handouts of additional resources.



## Social Skills Workshop

Enhance your social interactions with practical tips and strategies.



## Education Abilities Discussion

Explore ways to improve your learning and educational skills.



## Kosher Lunch

Enjoy a complimentary, delicious kosher meal with us.



## Social Activities and Games

Engage in fun, interactive games and activities designed to foster connections.

**Club Simcha is more than just a meeting;** it's a community. Whether you're looking to find a friend or just make a meaningful connection, our doors are open to you. Come share your journey with us and discover the joy of being understood and supported.

***We look forward to welcoming you!***

For more information

**Hayley Wine**

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