

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>CLUB CLOSED</b></p> <p><b>EASTER MONDAY</b></p>	<p><b>2</b></p> <p>11:00am Garden Group: Planning Session 11:30 Art Group:</p> <ul style="list-style-type: none"> <li>• Soapstone Carving</li> </ul> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study</p>	<p><b>3</b></p> <p><b>CLUB CLOSED</b></p> <p><b>STAFF EVENT</b></p>	<p><b>4</b></p> <p><b>Club Open 9:30am-1:00pm for Program Participants Only</b></p> <p>10:00am-12:30pm Diabetes Self Management</p> <ul style="list-style-type: none"> <li>• Session 3</li> </ul> <p>4:00pm Movie &amp; Tacos \$3.00</p>	<p><b>5</b> <b>Open for Appointments Only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p><b>8</b></p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>• Meet in front of ACT Centre</li> </ul> <p>11:00am Self Care Group:</p> <ul style="list-style-type: none"> <li>• Finding alternatives to manage stress</li> </ul> <p>1pm Music with MARK!</p>	<p><b>9</b></p> <p>11:00am Garden Group- Meet @ Club 11:30 Kitchen Skills:</p> <ul style="list-style-type: none"> <li>• Egg Roll in a bowl \$3.00</li> </ul> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up 1:30pm Peer Support Program Study Group- Member led</p>	<p><b>10</b></p> <p>10:00am Coffee &amp; Journaling</p> <p>1:00pm Chair Yoga for Mindfulness 2:00pm- Book Club 3:00pm Easy Substitutes for Mayo in recipes: Egg Salad.-Member led</p> <p>4:00pm Guys in the Kitchen \$3.00</p>	<p><b>11</b></p> <p><b>Club Open 9:30am-1:00pm for Program Participants Only</b></p> <p>10:00am-12:30pm Diabetes Self Management</p> <ul style="list-style-type: none"> <li>• Session 4</li> </ul> <p>2pm Mindful Meditation Group</p> <p>4:00pm Games Tournament</p>	<p><b>12</b> <b>Open for Appointments Only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p><b>15</b></p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>• Meet in front of ACT Centre</li> </ul> <p>11:00am Clubhouse MEMBERS MEETING- <b>FREE LUNCH:</b> Come share your ideas!</p> <p>1pm Music with MARK!</p>	<p><b>16</b></p> <p>11:00am Garden Group- Meet @ Club 11:30am Art Group:</p> <ul style="list-style-type: none"> <li>• DIY Fridge Magnets</li> </ul> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study Group- Member led</p>	<p><b>17</b></p> <p>10:00am Coffee &amp; Journaling 11:00am Clubhouse Member Leads:</p> <ul style="list-style-type: none"> <li>• Planning Meeting</li> </ul> <p>1:00pm Chair Yoga for Mindfulness 2:00pm- Book Club</p> <p>4:00pm Guys in the Kitchen \$3.00</p>	<p><b>18</b></p> <p><b>Club Open 9:30am-1:00pm for Program Participants Only</b></p> <p>10:00am-12:30pm Diabetes Self Management</p> <ul style="list-style-type: none"> <li>• Session 5</li> </ul> <p>2pm Mindful Meditation Group <b>CLUB CLOSED @ 4:00pm</b></p>	<p><b>19</b> <b>Open for Appointments Only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p><b>22</b></p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>• Meet in front of ACT Centre</li> </ul> <p>11:00am Self Care Group:</p> <ul style="list-style-type: none"> <li>• Importance of hopes &amp; dreams -Discussion &amp; Collage Making</li> </ul> <p>1pm Music with MARK!</p>	<p><b>23</b></p> <p>11:00am Garden Group- Meet @ Club 11:30 Kitchen Skills:</p> <ul style="list-style-type: none"> <li>• Italian Wedding Soup \$3.00</li> </ul> <p>12:00 Simplifying Daily Tasks-Member led 1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study Group- Member led</p>	<p><b>24</b></p> <p>10:00am Coffee &amp; Journaling 1:00pm Open Ended Art Group: Let your creativity go wild! Member led</p> <ul style="list-style-type: none"> <li>• Bring supplies to share if you can (optional).</li> </ul> <p>2:00pm- Book Club <b>CLUB CLOSED @ 4:00pm</b></p>	<p><b>25</b></p> <p><b>Club Open 9:30am-1:00pm for Program Participants Only</b></p> <p>10:00am-12:30pm Diabetes Self Management</p> <ul style="list-style-type: none"> <li>• Session 6</li> </ul> <p>2pm Mindful Meditation Group 4:00pm Discussion Group- Where are you at?</p>	<p><b>26</b> <b>Open for Appointments Only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p> <p>10-3pm: SOURCES Advocacy •By appointment only</p>
<p><b>29</b></p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>• Meet in front of ACT Centre</li> </ul> <p>11:00am Share your stories of HOPE: a show &amp; tell of how you found hope 1pm Music with MARK!</p>	<p><b>30</b></p> <p>11:00am Garden Group- Meet @ Club</p> <p>12:00pm PRIZE BINGO! Member led</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study Group- Member led</p>		<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: yellow;"> <p><b>Clubhouse is available to MEMBERS ONLY</b></p> <p><b>Referral from a Mental Health Professional is needed to join.</b></p> <p>(ie) Maple Ridge Mental Health Centre, Social Worker or Psychiatrist</p> </div>	

## HOW TO CONNECT

Phone: 604-467-0544  
Text: 604-340-6902  
Email: [theclub@comservice.bc.ca](mailto:theclub@comservice.bc.ca)

### Important things to note:

Fridays are open for appointments and orientations only. No drop in visits. Small member led programs may be offered on Fridays. See Calendar. During large programs (10-12 participants) clubhouse will only be open for participants. Clubhouse will resume drop-ins after program. Please remember to book sensory room when using and let staff know.

## Supported Employment & Volunteering

To learn more about our supported employment program and other work related programs/workshops please connect with Rob:

**The Club's SE team works Monday & Friday with occasional additional shifts. See Rob to learn how to join the team.**

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah or Laurie:

**The Club's Supported Volunteering Position (MEALS ON WHEELS) takes place Fridays. Please ask to be placed on waitlist.**

Staff are available to help you look for work/volunteering !

### ADDITIONAL RESOURCES:

- Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444
- National Suicide Crisis Hotline: 988
- HealthLink BC: 811
- Community Services: 604-467-6911
- Maple Ridge Mental Health Centre: 604-476-7165
- Maple Ridge Recreation Therapy 604-467-7303
- The Foundry: 604-380-3133
- BCCDC Harm Reduction Info: <https://towardtheheart.com/>

## PROGRAMS– please sign up

### Social/Recreational:

- Book Club! Join us weekly for coffee/treats and discussion of our weekly reading. Wednesdays.
- Music Group: Come join Mark for an acoustic jam & singing session. Monday Afternoons
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- Armchair Travels/What's happening at our Library: Join Janeen for an educational trip! New destination monthly.
- Monday Morning Walking Group w/ Shayna: Meet in front of ACT Centre: Call to sign up 604-467-7303
- Member Lead Planning Group: For those interested in pursuing a leadership role at the club.
- Bowling @ Rev's: Every Tuesday. Meet at Clubhouse. \$4:00
- Art Exploration: Painting, crafting, and mixed media styles. All levels of artists welcome! Weekly

### Mental Health/Life skills:

- **NEW– Garden Group: Starts Tuesday April 2nd. Meet at Clubhouse. For more info see Laurie.**
- **NEW– Navigating Resources & Services @ The Club. Learn what we have to offer! First Monday @ 10:00am**
- Peer Support Program Study Group: For those completing the online Peer Support Worker program– come study with your peers. Tuesdays.
- Sensory Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space :)
- Self Care Group: Weekly group focusing on building copings skills, increasing self compassion, and increasing awareness.
- Chair Yoga for Mindfulness– chair yoga with gentle stretching. Wednesdays @ 1:00pm
- Wellness Journaling: Explore different self discovery journaling styles! Wednesdays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursday @ 2:00pm.
- Therapeutic Gardening @ Community Garden. Wednesdays @ 10:30am. Call for more info or to sign up: Lauren OT 604-476-7165, Shayna Rec Therapist 604-467-7303, Sarah 604-467-0544 Starts again in Spring!
- Kitchen Skills: Learn some basic recipes and build up your confidence in the kitchen! Weekly Group. May have a cost.
- Food Sense: 6 sessions where we learn how to cook healthy food on a budget. Offered in the Spring.
- Your Life & Recovery Journey: explore your wellness, create strategies or plans to help you stay well and pursue the life you want.. Group to be offered May! Please sign up

### Advocacy/Income Assistance/Tenancy & Housing Issues:

- **Sources Advocate: for help with Income Assistance, Renter Rights, and Accessing Disability Benefits. Please sign up.**