

Monday	Tuesday	Wednesday	Thursday	Friday
Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join. (ie) Maple Ridge Mental Health Centre, Case Manager or Psychiatrist				1 Open for Appointments Only 9:30-4:00 New Member Orientations & 1-1 Appointments
4 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Navigating Resources @ The Club 11:00am Clubhouse Shop w/ Laurie—Sign up to help 1pm Music with MARK!	5 11:00am Self Care Group: • Creating Healthier Relationships 12:00pm Kitchen Skills: • Beef Enchilada Casserole 1:30pm Bowling @ Rev's- \$4.00 Sign up 1:30pm Peer Support Program Study Group- Member led	6 10:00am Money Smart w/ Seerit • Debt & Credit 1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club– pick up new book! “Tatouine” Club Closed @ 4:00pm	7 11:00am Art Exploration: • Acrylic Cherry Blossom Painting 2pm Mindful Meditation Group 3:00pm How to shop smart @ the Dollar Store– Member Led Club Closed @ 4:00pm	8 Open for Appointments Only 9:30-4:00 New Member Orientations & 1-1 Appointments
11 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Coffee & Journaling 11:00am Clubhouse MEMBERS MEETING– Come share your ideas! 1pm Music with MARK!	12 11:00am Self Care Group: • Practicing Radical Acceptance 12:00pm Kitchen Skills: • Tofu Pad Thai 1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study Group- Member led	13 10:00am Money Smart w/ Seerit • Scams & Frauds 1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club Club Closed @ 4:00pm	14 11:00am Art Exploration: • Paper Daisy Bouquets 2pm Mindful Meditation Group Club Closed @ 4:00pm	15 Open for Appointments Only 9:30-4:00 New Member Orientations & 1-1 Appointments
18 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Coffee & Journaling 1pm Music with MARK!	19 11:00am Armchair Travels w/ Janeen: • Travels to ZIMBABWE! 1:00pm: Hanging Easter Fairies Craft– Member led 1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study Group- Member led	20 10:00am Coffee & Colouring 1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club 4:00pm Soapstone Carving	21 Club Open 9:30am-1:00pm for Program Participants Only 10:00am-12:30pm Diabetes Self Management • Session 1 2pm Mindful Meditation Group 4:00pm Movie and Pizza \$2.00	22 Open for Appointments Only 9:30-4:00 New Member Orientations & 1-1 Appointments 10-3pm: SOURCES Advocacy • By appointment only
25 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Coffee & Journaling 11:00am Share your stories of HOPE: a show & tell of how you found hope 1pm Music with MARK!	26 11:00am Self Care Group: • Reframing your inner dialogue 12:00pm EASTER BINGO! With snacks & Prizes! - Member led 1:30pm Bowling @ Rev's- \$4.00 Sign up 1:00pm Peer Support Program Study Group- Member led	27 10:00am Coffee & Colouring 1:00pm Chair Yoga for Mindfulness 2:00pm Book Club 4:00pm Pool Tournament!	28 Club Open 9:30am-1:00pm for Program Participants Only 10:00am-12:30pm Diabetes Self Management • Session 2 2pm Mindful Meditation Group 4pm Guys in the Kitchen \$3.00	29 CLUB CLOSED GOOD FRIDAY

HOW TO CONNECT

Phone: 604-467-0544 or 604-340-6902
Email: theclub@comservice.bc.ca

NEW THIS MONTH

Fridays are open for appointments and orientations only.

1-1 appointments with staff will be scheduled on Fridays only.

During large programs (ie: Chronic Conditions) clubhouse will only be open for participants. Clubhouse will resume drop-ins after program.

Please remember to book sensory room when using and

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 !
Please reach out :)

ADDITIONAL RESOURCES:

- Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444
- 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. **(RESUMES IN MARCH)**
- Music Group: Come join Mark for an acoustic jam & singing session.
- 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! Thursdays.

Mental Health/Life skills:

- **NEW— Money Smart w/ Seerit (OT). Six sessions to help you manage your money! Wednesdays 10-11. Please sign up.**
- **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! Mondays @ 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 in the Spring!

Advocacy/Income Assistance/Tenancy & Housing Issues:

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