

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Appointments required for program sign up Drop in welcome throughout the day!</p>	<p>Sensory Room open for orientations and booking! Connect with staff to learn more.</p>		<p>1 10:00am: Coffee & Social 11:00am Art Exploration: Painting • Watercolour 2pm Mindfulness Group @ Garden</p>	<p>2 9:30-4:00 1-1 Appointments & Orientations 9:30 Supported Employment 10:30 Meals on Wheels</p>
<p>5 CLUB CLOSED LABOUR DAY</p>	<p>6 10:00am Water & Weed @ Garden 1:00pm: Pictionary!</p>	<p>7 CLUB CLOSED @ 4:00pm 10:00am Healthy Living Series: • How to talk about Mental Health with Family & Friends 1:00pm Career Exploration 2:30pm Mindful Gardening</p>	<p>8 10:00am: Coffee & Social 2pm Mindfulness Group @ Garden</p>	<p>9 9:30-4:00 1-1 Appointments & Orientations 9:30 Supported Employment 10:30 Meals on Wheels</p>
<p>12 9:30 Supported Employment 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Journaling 1pm Music with MARK!</p>	<p>13 10:00am Water & Weed @ Garden 10:00am Easy Breakfast Series • Egg Bites 1:00pm: BINGO w/ Ammie</p>	<p>14 10:00am Healthy Living Series: • Sensory DIY- Sewing Mini Cactus 1:00pm Naloxone Info Session 2:30pm Mindful Gardening 5:00pm YOUNG ADULTS NIGHT • Bowling @ Rev's (next door) Meet at Clubhouse. FREE!</p>	<p>15 10:00am: Coffee & Social 11:00am Art Exploration: Painting • Acrylics 2pm Mindfulness Group @ Garden</p>	<p>16 9:30-4:00 1-1 Appointments & Orientations 9:30 Supported Employment 10:30 Meals on Wheels</p>
<p>19 9:30 Supported Employment 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Journaling 1pm Music with MARK! & Peanut Butter Cookies w/ Melissa</p>	<p>20 10:00am Water & Weed @ Garden 10:00am: Member Meeting & BBQ Burger lunch-FREE if participating in meeting 1:00pm: Trivia w/ Danielle</p>	<p>21 10:00am Healthy Living Series: • Balancing your thoughts 1:00pm Career Exploration 2:30pm Mindful Gardening 7pm: COLLAGE @ The Club- Special Music Event- Friends & Family Night</p>	<p>22 10:00am: Coffee & Social 10:45 Member Lead Bus Trip to Value Village- Meet @ Haney Bus loop (please sign up) 11:00am Art Exploration: Painting • Geometric Style 2pm Mindfulness Group @ Garden</p>	<p>23 9:30-4:00 1-1 Appointments & Orientations 9:30 Supported Employment 10:30 Meals on Wheels 10-3pm: SOURCES Advocacy •By appointment only</p>
<p>26 Muffin Monday! 9:30 Supported Employment 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre (sign up) 10:00am Journaling 12pm Orange Creamsicle Smoothies 1pm Music with MARK!</p>	<p>27 CLUB CLOSED @ 12:00pm Community Services AGM 10:00am Water & Weed @ Garden 10:00am Easy Breakfast Series • Breakfast Muffins 1:00pm: BINGO w/ Ammie</p>	<p>28 CLUB OPEN @ 12:30 1:00pm Member Lead Planning Group 2:30pm Mindful Gardening 5:00pm Guys in the Kitchen • POKE Bowls</p>	<p>29 11:00am Art Exploration: Painting • Finger painting 1pm Monthly Happenings w/ Janeen from FVRL: Armchair Travels to Armenia: TRIVIA & PRIZES! 2pm Mindfulness Group @ Garden</p>	<p>30 9:30-4:00 1-1 Appointments & Orientations 9:30 Supported Employment 10:30 Meals on Wheels</p>

HOW TO CONNECT

Phone: 604-467-0544
Email: ssalem@comservice.bc.ca
rleggett@comservice.bc.ca
lnorthway@comservice.bc.ca

VIRTUAL PROGRAMS

Connect with Staff for Meeting ID & password

- Recovery College: Virtual Mental Health & Wellness Courses.
For more details ask staff. To sign up:
<https://recoverycollegecalgary.ca/courses/>
- Member Meeting: Plan club programs, ideas/feedback.
- One to One appointments available through ZOOM.

Supported Employment & Volunteering

To learn more about our supported employment program and other work related programs/workshops please connect with Rob:
rleggett@comservice.bc.ca or 604-467-0544

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah:
ssalem@comservice.bc.ca or 604-467-0544

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 PRC– Recreation Therapy 604-467-7303
- The Foundry: 604-380-3133
- BCCDC Harm Reduction Info: <https://towardtheheart.com/>

IN PERSON PROGRAMS

See staff for more information. Please call or email to sign up for programs.

- **NEW: Career Explorations:** to help you explore work, careers, or education programs that align with your values and interests.
- **NEW: Sensory Room open!** Book your orientation FRIDAYS w/ staff and book for future personal room use.
- **NEW: Guys in the Kitchen–** easy cooking, basic yummy recipes you can recreate at home.
- **NEW: Young Adults Group:** Variety of social & wellness groups. For those 19-30
- Member Lead Planning Group: For those interested in pursuing a leadership role at the club.
- Music Group: Come join Mark for an acoustic jam & singing session.
- Goal Planning: 1-1 appointments with staff to explore personal goals (Fridays)
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- WRAP: Wellness Recovery Action Plan (offered throughout the year)
- RST: Recovery Support Training (offered annually)
- Food Skills: Healthy cooking on a budget (offered twice per year)
- Wellness Journaling: Explore different self discovery journaling styles!
- Mindfulness Group: Introduction course to meditation practices.
- Healthy Living Series: Join us as we explore the wellness domains: Emotional, Physical, Environment, Social, Spiritual. New domain/topic weekly.
- Sources Advocate: Monthly appointments with advocate for help with Income Assistance, Renter Rights, and Accessing Disability Benefits. Please sign up.

PROGRAMS with COMMUNITY PARTNERS

Please sign up directly with or connect with Club staff

- Monday Walking Group w/ Shayna: Meet in front of ACT Centre: Call to sign up 604-467-7303
- Thursday Mindfulness Group w/ Miwa: At Community Garden. Call to sign up 604-476-7163
- Mindful Gardening @ Community Garden. Call Miwa to sign up 604-476-7163
- Monthly Happenings w/ FVRL: Jannen joins us to explore what's new at the Library.

COMMUNITY GARDEN LOCATED @ Pioneer Park 11824 230th Street– NO WASHROOM ON SITE