



The Club February 2026

22768 119th Avenue, Maple Ridge B.C. V2X-4L2

Monday—Thursday 9:30am– 4:00pm
Fridays: No drop in socials. appointments, small group invite, or individual mindfulness work.

YA Only Groups
(Ages 19-30)
13, 20, 27

Monday	Tuesday closed @ 3pm for program participants	Wednesday closed @ 3pm for program partici-	Thursday closed @ 3pm for program participants	Friday
	CLUB OPEN @ 12:30 February 3, 10, 17		Please call or text if you cannot make it to a program you signed up for.	Two Sides →
2 11:00am Vocational Navigation w/ Jim: by appointment <u>11:00am Basic Guitar Method w/ Sharon Session 1 Bring your own guitar</u> <u>2:00pm Music with MARK!</u>	3 CLUB OPEN @ 12:30 9:30-12:00 Diabetes Self-Management-invite only 10:00am Mindful Walking Group 1pm Kitchen Skills \$3.00 • Creamy Pasta Primavera 2pm Boys in the hood- Men's Peer Social	4 10:00am Wellness Journaling 11:00am Member Meeting 1:00pm Janeen from the Library • Taco LUNCH! \$2.00 3:00pm Chair Yoga	5 10:00am Mindful Walking Group 3:00pm Tai Chi Meditation	6 9:30-4:00 New Member Orientations & 1-1 Appointments
9 11:00am Vocational Navigation w/ Jim: by appointment <u>2:00pm Music with MARK!</u>	10 CLUB OPEN @ 12:30 9:30-12:00 Diabetes Self-Management-invite only 10:00am Mindful Walking Group 1pm Kitchen Skills \$3.00 • Chickpea Salad Sandwiches 2:00pm Self Compassion Workshop	11 10:30 Ube Matcha Lattes w/ Dara (demonstration only) \$2.00 11am Managing Food & Money • Discussion w/ Dara <u>12:00pm Art Group \$2.00</u> • Valentines Soap Making w/ Julie 3:00pm Isometric Strength Training	12 10:00am Mindful Walking Group 10:00am Basic Baking: • Valentines Cracker Candy <u>11:00am About The Garden- \$2.00</u> • Make your own Valentines 1:00pm Movie Matinee!	13 9:30-4:00 New Member Orientations & 1-1 Appointments 12pm YOUNG ADULTS \$2.00 • Kitchen Group- Chicken Soup
16 CLUB CLOSED FAMILY DAY	17 CLUB OPEN @ 12:30 9:30-12:00 Diabetes Self-Management-invite only 10:00am Mindful Walking Group 1pm Kitchen Skills \$3.00 • Coconut Curry Lentils 2pm Boys in the hood- Men's Peer Social	18 10:00am Wellness Journaling <u>12:30pm Art Group</u> • Open ended Art w/ Rebecca 3:00pm Chair Yoga	19 10:00am Mindful Walking Group 11:00am Baking Basics \$2.00 • Cheddar Cheese Scones <u>11:00am About The Garden- \$2.00</u> • Garden Visit 2:00pm Member Leads: Planning Meeting 3:00pm Chi Gong Meditation	20 9:30-4:00 New Member Orientations & 1-1 Appointments 12:30pm YOUNG ADULTS: Crafting Through Anxiety w/ Kayla \$2.00 <u>11:00am Get Fit w/ Tammy</u> • Meet At Clubhouse
23 11:00am Vocational Navigation w/ Jim: by appointment <u>11:00am Basic Guitar Method w/ Sharon Session 2 Bring your own guitar</u> <u>2:00pm Music with MARK!</u>	24 10:00am Mindful Walking Group 1pm Kitchen Skills \$3.00 • Oven baked Vegetarian Quesadillas 2:00pm Pathways to Success Job Fair @ Pitt Meadows Library- See Jim	25 10:00am Wellness Journaling <u>12:00pm Art Group \$2.00</u> • Get Crafty w/ Arlee 3:00pm Isometric Strength Training	26 10:00am Mindful Walking Group 11:00am Baking Basics \$2.00 • Baked Cinnamon Sugar Donuts <u>11:00am About The Garden- \$2.00</u> • Garden Visit 3:00pm Mindful Meditation	27 9:30-4:00 New Member Orientations & 1-1 Appointments <u>11:30am Transit Travel w/ Susanne:</u> • Lunch @ Mongolian Grill 10-3pm Sources Advocacy 12pm YOUNG ADULTS: • Wellness and Poetry Group

HOW TO CONNECT

Phone: 604-467-0544

Text: 604-340-6902

Email: theclub@mrpmcs.ca

A note about Fridays:

Fridays are open for purposeful visits: orientations, individual mindfulness work, appointments with staff or if you are joining one of our small member led programs (invite only). No drop in visits on Fridays. Fridays are great for some of our new members that maybe have some anxiety around large groups. If you are having difficulties getting started, small Friday groups might be a great option for you :)

Pre-employment & Volunteering

The Club provides vocational navigation- helping members to access community based employment programs and job readiness training.

Staff are available by appointment for support with career planning, job search, resume creation, and interview preparation.

Staff can also help clubhouse members look for volunteering positions or access the Therapeutic Volunteer Program .

ADDITIONAL RESOURCES:

- **Fraser Health Crisis Line: 604-951-8855**
- **Crisis Centre BC: Call or Text 9-8-8**
- **KUU-US Indigenous Crisis Line Society: 1-800-588-8717**
- **Metis Crisis Line: 1-833-638-4722**
- **Maple Ridge Mental Health Centre: 604-476-7165**
- **Community Services: 604-467-6911**
- **The Foundry: 604-380-3133**
- **BCCDC Harm Reduction Info: <https://towardtheheart.com/>**

- **Monday 9:30am Walking Group Shayna 604-467-7303**

Clubhouse is available to MEMBERS ONLY

Referral from a Mental Health Professional is needed to join.

PROGRAMS– by sign up only

Social/Recreational:

- Member led Community Groups: Meet at Club first.. GET FIT w/ Tammy– group walk to Leisure Centre gym. Transit Travel w/ Susanne– group bus trip to local spots.. Bowling At Rev's w/ Shelina. Some have a cost. See posters at Club.
- Basic Guitar Method with Sharon: Learn the basics– reading sheet music and playing guitar. Must attend all 8 sessions. Bring your own guitar. Every second Monday at 11:00am
- About The Garden: Join Jo-Lynn and Susanne for a bi-weekly group on Thursdays that is ALL ABOUT GARDENING!
- Member Meeting: Discuss/plan club programs & offer ideas/feedback, plan next months calendar.
- Monday Morning Walking Group w/ Shayna: Meet in front of ACT Centre @ 9:30am: Call to sign up 604-467-7303
- Art Groups: Painting, crafting, and mixed media styles. Weekly member led groups on Wednesdays. May have cost.

Mental Health/Life skills/Vocational:

- Vocational Navigation: 1-1 support around where to start with work, school, or future career ideas! See Jim to learn more.
- Wellness Journaling– Join us for a weekly exploration of journaling styles and self reflection. Wednesdays @ 10:00am
- Mindful Nature Walk! Meet at club. Walk at Kanaka Creek. Tuesdays & Thursdays @ 10:00am
- Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly Tuesdays.
- Music Therapy with Sasan: Last Monday of every month at 1:00pm.
- Tai Chi and Chi Gong Thursdays @ 3:00pm. **Club only open for participants.**
- Isometric Strength Training (Intro to exercises that involves muscle engagement without movement) and Chair Yoga (gentle seated stretching) Wednesdays @ 3:00pm. **Club only open for participants.**
- Mindful Meditation: Mindfulness through guided & seated meditation. Tuesdays @ 3:00pm. **Club only open for participants.**
- Kitchen Skills & Basic Baking: Learn some simple recipes and build up your confidence in the kitchen! May have a cost.
- Mindfulness room available to be booked throughout the day. If you would like an orientation to the space let us know.

Young Adults Only (19-30) Fridays @ 1:00pm

- One & Done Cooking and Simple Baking . Easy recipes for beginners in a small relaxed group.
- Wellness and Poetry Group: a group dedicated to poetry and creative writing that encourages healing, emotional insight and growth.
- Crafting through Anxiety w/ Kayla: a low pressure group to learn how crafting can be used as a tool for anxiety relief.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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