



The Club November 2025

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

Monday—Thursday 9:30am– 4:00pm
Evening Hours: Pause on Evenings this month
Fridays: No drop in socials. Appointments or invite only

YA Only Groups
(19-30)
21st & 28th

Monday	Tuesday	Wednesday	Thursday	Friday
	closed @ 3pm for program participants		closed @ 3pm for program participants	No Drop in visits. Small invite only groups or orientations/1-1 appts.
Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join.		NOTICE! CLUB IS OPEN AT 11:30 TUESDAYS AND THURSDAYS THROUGH NOVEMBER AS WE ARE OFFERING A CLOSED PROGRAM IN THE MORNING.		Two Sides
3 9:30am Walking Group w/ Shayna - Call Shayna for more info 11:00am Vocational Navigation: - by appt. 2:00pm Music with MARK!	4 10:00am Mind Wellness (invite only) 10:00am Mindful Walking Group 12:00pm PITCH IN KITCHEN- Make-Lunch for Member Meeting 1:00pm Member Meeting- Lunch \$3.00 3:00pm Chair Yoga	5 10:00am Wellness Journaling 11:00am Henna Tattoos w/ Nat \$1.00 12:30pm Art Group w/ Julie: \$2.00 Beading: Bring your own beads if you have them. Beads also available at club	6 10:00am Mind Wellness (invite only) 12:00pm About The Garden- Garden Visit 12pm Beginners Sign Language w/ Mel 1:00pm Short Story Reading Club 3:00pm Isometric Strength Training	7 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social
10 9:30am Walking Group w/ Shayna - Call Shayna for more info 11:00am Vocational Navigation: - by appt. 2:00pm Music with MARK!	11 CLUB CLOSED REMEMBRANCE DAY	12 10:00am Wellness Journaling 11:00am Henna Tattoos w/ Nat \$1.00 12:30pm Art w/ Rebecca Group collaboration project for clubhouse wall	13 10:00am Mind Wellness (invite only) 12:00pm About The Garden- Garden Visit 1:00pm Short Story Reading Club 3:00pm Chi Gong Meditation	14 9:30-4:00 New Member Orientations & 1-1 Appointments
17 9:30am Walking Group w/ Shayna - Call Shayna for more info 11:00am Vocational Navigation: - by appt. 2:00pm Music with MARK!	18 CLUB CLOSED @ 1:30pm 10:00am Mind Wellness (invite only) 10:00am Mindful Walking Group	19 CLUB CLOSED STAFF TRAINING	20 10:00am Mind Wellness (invite only) 12:00pm About The Garden \$2.00 Blue Jean Christmas Angel Decoration 1:00pm Short Story Reading Club 3:00pm Isometric Strength Training	21 9:30-4:00 New Member Orientations & 1-1 Appointments 12:00pm One & Done- Easy Cooking Group for Young Adults Only (19-30) 2:00pm BOYZ in the HOOD: Men's Peer Social
24 9:30am Walking Group w/ Shayna - Call Shayna for more info 11:00am Vocational Navigation: - by appt. 12:00pm Baking For One: \$2.00 - Snickerdoodle Cookies 2:00pm Art Therapy w/ Charlotte	25 10:00am Mind Wellness (invite only) 1:00pm Kitchen Skills: \$3.00 Sheet Pan Meals 3:00pm Chair Yoga	26 10:00am Wellness Journaling 11:00am Henna Tattoos w/ Nat \$1.00 12:30pm Get Creative w/ Arlee \$2.00 Christmas Tea Light Decoration	27 10:00am Mind Wellness (invite only) 2:00pm Group Leads: Planning Meeting 1:00pm Short Story Reading Club 1:00pm Bowling at REV's w/ Shellina \$3.00 3:00pm Tai Chi Meditation	28 11:00am Get Fit w/ Tammy - Meet At Clubhouse 11:30am Transit Travel w/ Susanne: - Thrift Store Shopping for XMAS 1:00pm Crafting Through Anxiety w/ Kayla (Invite Only Young Adults) 10-3pm Sources Advocacy

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, appointments with staff or if you are joining one of our a small member led programs. 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 Walking Group** Shayna 604-467-7303
- **Wednesday Therapeutic Gardening** Lauren 604-476-7165

PROGRAMS– please sign up

Social/Recreational:

- **NEW: 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.
- **NEW! Short Story Reading Club**– Different story & discussion each week. Thursdays @ 1:00pm
- **Pitch in Kitchen: Monthly group making lunch for our members at the club!**
- **About The Garden:** Join Jo-Lynn and Susanne for a bi-weekly group 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: Call to sign up 604-467-7303
- **Group Leads Planning Meeting:** Planning session for those offering member-led programming.
- **Art Groups:** Painting, crafting, and mixed media styles. Weekly member led groups on Wednesdays. May have cost.

Mental Health/Life skills/Vocational:

- **NEW: Vocational Navigation:** 1-1 support around where to start with work, school, or future career ideas!
- **NEW: Wellness Journaling**– Join us for a weekly exploration of journaling styles. Wednesdays @ 10:00am
- **YOUNG ADULTS ONLY: One & Done Cooking Group.** Easy one pot meals for beginners. Young Adults Only (19-30). Once/month on a Friday.
- **YOUNG ADULTS ONLY: Crafting though anxiety** w/ Kayla. Learn some practical coping skills while crafting. Invite only– please reach out if interested.
- **Mindful Nature Walk!** Meet at club. Walk at Kanaka Creek. Thursdays @ 10:00am
- **Men's Peer Social Group.** A welcoming space for relationship building, socialization and discussion. Bi-Weekly Fridays.
- **Mindfulness Room open! Book your orientation** w/ staff. If you have been orientated then come enjoy the space
- **Art Therapy** w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- **Chair Yoga and Mindful Meditation** Tuesdays @ 3:00pm. **Club only open for participants.**
- **Isometric Strength Training & Tai Chi/Chi Gong:** Intro to exercises that involves muscle engagement without movement. Thursdays @ 3:00pm. **Club only open for participants.**
- **Kitchen Skills:** Learn some basic recipes and build up your confidence in the kitchen! Weekly Group. May have a cost.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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