

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 10:00am Coffee &amp; Journaling 1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club– Pick up new book “Tuesdays With Morrie”  4:00pm Movie &amp; Pizza \$2.00</p>	<p>2 10:00 Fancy Coffee Group: Member led • Vanilla Lattes \$2.00 11:00am Art Exploration: • Acrylic Butterfly Painting 2pm Mindful Meditation Group Club Closed @ 4:00pm</p>	<p>3  <b>CLUB CLOSED STAFF TRAINING</b></p>
<p>6 9:30am Walking Group w/ Shayna • Call Shayna for more info  11:00am Therapeutic Gardening • Meet at Club or Garden (sign up)  1pm Music with MARK!</p>	<p>7 11:00 Kitchen Skills: • Kung Pao Tofu \$3.00 1:00pm Peer Support Program Study Group- Member led 1:30pm Afternoon Baking: • Earl Grey Scones  1:30pm Bowling @ Rev’s- \$4.00 Sign up</p>	<p>8 10:00am Coffee &amp; Journaling  1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club  4:00pm Girls in the Kitchen \$3.00</p>	<p>9 10:00 Fancy Coffee Group: Member led • London Fog \$2.00 11:00am Art Exploration: • Modge Podge Tree Collage  2pm Mindful Meditation Group 4:00pm Soapstone Carving</p>	<p>10 <b>Open for Appointments Only</b> 9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p>13 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Therapeutic Gardening • Meet at Club or Garden (sign up) 11:00am Clubhouse MEMBERS MEETING– <b>FREE LUNCH:</b> Come share your ideas! 1pm Music with MARK!</p>	<p>14 11:00am Kitchen Skills: • Huevos Rancheros \$3.00 1:00pm Peer Support Program Study Group- Member led 1:30pm Afternoon Baking: • French Toast Muffins  1:30pm Bowling @ Rev’s- \$4.00 Sign up</p>	<p>15 10:00am Coffee &amp; Journaling 11:00am Clubhouse Member Leads: • Planning Meeting 1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club  3:00pm Craft Time with Arlee: Rock Silhouettes 4:00pm Guys in the Kitchen \$3.00</p>	<p>16 10:00 Fancy Coffee Group: Member led • Caramel Macchiato \$2.00 11:00am Art Exploration: • Terracotta Pot Painting  2pm Mindful Meditation Group 4:00pm Games Tournament: Crib or Pool</p>	<p>17 <b>Open for Appointments Only</b> 9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p>20  <b>CLUB CLOSED VICTORIA DAY</b></p>	<p>21 10-12pm Your Life &amp; Recovery Journey • Session 1  1:00pm Peer Support Program Study Group- Member led 1:30pm Bowling @ Rev’s- \$4.00 Sign up</p>	<p>22 10:00am Coffee &amp; Journaling 1:00pm Chair Yoga for Mindfulness 2:00pm– Book Club 3:00pm Resource Sharing Group- Member led 4:00pm Soapstone Carving</p>	<p>23 10-12pm Your Life &amp; Recovery Journey • Session 2  2pm Mindful Meditation Group  Club Closed @ 4:00pm</p>	<p>24 <b>Open for Appointments Only</b> 9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p>27 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Therapeutic Gardening • Meet at Club or Garden (sign up) 11:00am Share your stories of HOPE: share what gives you hope– Member led 1pm Music with MARK!</p>	<p>28 10-12pm Your Life &amp; Recovery Journey • Session 3 1:00pm Prize Bingo! Member led 1:00pm Peer Support Program Study Group- Member led 1:30pm Bowling @ Rev’s- \$4.00 Sign up</p>	<p>29 10:00am Coffee &amp; Journaling 1:00pm Open Ended Art Group: Let your creativity go wild! Member led • Bring supplies to share if you can (optional). 4:00pm Guys in the Kitchen \$3.00 2:00pm– Book Club</p>	<p>30 10-12pm Your Life &amp; Recovery Journey • Session 4  2pm Mindful Meditation Group  Club Closed @ 4:00pm</p>	<p>31 <b>Open for Appointments Only</b> 9:30-4:00 New Member Orientations &amp; 1-1 Appointments  10-3pm: SOURCES Advocacy •By appointment only</p>

## 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— Therapeutic Gardening Group: Starts Monday May 6 at 11:00am. Call to sign up and learn more: Lauren OT 604-476-7165, Shayna Rec Therapist 604-467-7303, Laurie 604-467-0544**
- **NEW— Resource Sharing Group: Do you have some community resources that you access that could benefit your peers? Come to our brand new monthly group where we share resources! Wednesday May 22.**
- 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.
- 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.**