

Monday	Tuesday Club closed @ 3pm for program participants	Wednesday	Thursday Club closed @ 3pm for program participants	Friday
	Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join. (ie) Maple Ridge Mental Health Centre, Social Worker or Psychiatrist		1 <u>11am About The Garden</u> • Garden Visit 1:00pm Local Walkabout <u>2:00pm Music Theory Group w/ Kevin</u> 3:00pm Mindful Meditation Group	2 No Drop-In Visits- Appointments or group activity only 9:30-4:00 New Member Orientations & 1-1 Appointments <u>11:00am Club Fit w/ Tammy</u> • <u>Meet At Clubhouse</u>
5 Mental Health Awareness Week #UNMASKING MENTAL HEALTH Stand Up for Mental Health Comedy Show @ 1:00pm BBQ Lunch @ 12:00pm \$2.00	6 10:00am Mindful Walking Group 11:00am Janeen from the Library • History of Maple Syrup 12:00pm Kitchen Skills: \$4.00 • Breakfast Series: Breakfast Burritos 3:00pm Chair Yoga	7 11:00am Therapeutic Gardening 1:00pm Art & Discussion Group: • Mask Making- an activity in unmasking ourselves	8 <u>11am About The Garden</u> • Spring BBQ At Pioneer Park 3:00pm Mindful Meditation Group	9 No Drop-In Visits- Appointments or group activity only 9:30-4:00 New Member Orientations & 1-1 Appointments 1:00pm Men's Peer Social
12 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Wellness Journaling 11:00am Member Meeting <u>1:00pm Music with MARK!</u>	13 Club Open @ 12:30pm 1:00pm Kitchen Skills: \$3.00 • Breakfast Series: French Toast <u>3:00pm Intro to ZUMBA w/ Rebecca</u>	14 Open until 7:00pm 11:00am Therapeutic Gardening <u>1:00pm Caffeine Alternatives out there w/ Dara</u> 4:00pm Movie Night	15 <u>11am About The Garden \$2.00</u> • Painting using Nature <u>2:00pm Music Theory Group w/ Kevin</u> 1:00pm Local Walkabout 3:00pm Mindful Meditation Group	16 No Drop-In Visits- Appointments or group activity only 9:30-4:00 New Member Orientations & 1-1 Appointments
19 CLUB CLOSED VICTORIA DAY	20 10:00am Mindful Walking Group <u>11:00am Yarn & Yak</u> 12:00pm Kitchen Skills \$2.00 • Breakfast Series: Healthy Muffins 3:00pm Tai Chi	21 Club Closed @ 3:30pm 11:00am Therapeutic Gardening <u>12:30pm Open Ended Art w/ Rebecca</u>	22 1:00am Member lead Planning Meeting <u>11am About The Garden</u> • Planting at Clubhouse 1:00pm Local Walkabout 3:00pm Mindful Meditation Group	23 No Drop-In Visits- Appointments or group activity only 9:30-4:00 New Member Orientations & 1-1 Appointments <u>10:00am Bus Trip to Michaels with Susanne. Meet at Clubhouse</u> 1:00pm Men's Peer Social
26 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Wellness Journaling <u>1:00pm Chicken Soup for the Soul Reading w/ Ammie</u> 2:00pm Art Therapy w/ Charlotte	27 10:00am Mindful Walking Group <u>11:00am Yarn & Yak</u> 12:00pm Recipe Swap and Meal Planning CLUB CLOSED @ 1:00pm	28 Open until 7:00pm 11:00am Therapeutic Gardening <u>12:30pm Get Creative w/ Arlee \$2.00</u> • Create your own water bottle 4:00pm Movie Night	29 CLUB CLOSED	30 No Drop-In Visits- Appointments or group activity only 9:30-4:00 New Member Orientations & 1-1 Appointments 10-3pm Sources Advocacy • By Appointment Only

HOW TO CONNECT

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

A note about Fridays:

Fridays are open for purposeful visits: orientations, 1-1 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.

Supported Employment & Volunteering

To learn more about our supported employment program and other work related programs/workshops please connect with Jim:

The Club's SE team works Monday & Friday with occasional additional shifts. See Jim to learn how to join the team.

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah or Simonne.

Staff are available to help you look for work/volunteering !
Please reach out :)

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/>

PROGRAMS– please sign up

Social/Recreational:

- NEW: Walking Groups! Tuesdays @ 10:00am (Mindful Nature Walk) & Thursdays @ 1:00pm (Local Walkabout) Meet at Club- FAIRWEATHER ONLY
- NEW: About The Garden: Join Jo-Lynn and Susanne for a weekly group that is ALL ABOUT GARDENING!
- NEW: Member led Community Groups: Every other Friday. Meet at Club first. GET FIT w/ Tammy– group walk to Leisure Centre gym. Bus Trip w/ Susanne– group bus trip to local spots.
- 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
- Member Lead Planning Group: Planning session for those offering member-led programming.
- Art Exploration: Painting, crafting, and mixed media styles. All levels of artists welcome! Weekly group with some member led groups.

Mental Health/Life skills:

- NEW: Art Therapy w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- NEW! Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly.
- NEW: Therapeutic Gardening Group: Wednesdays @ 11:00am. Contact Lauren 604-476-7165 or Shayna 604-467-7303
- Mindfulness Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space
- Chair Yoga for Mindfulness & Intro to Tai Chi– gentle stretching groups– all levels welcome. Tuesdays @ 3:00pm. **Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- Wellness Journaling: Explore different self discovery journaling styles! Mondays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursdays @ 3:00pm. **Please note Club space will be open only for participants Thursdays 3:00pm-4:00pm.**
- 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 September.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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