

Monday	Tuesday	Wednesday	Thursday	Friday
	closed @ 3pm for program participants		closed @ 3pm for program participants	No Drop Ins- Appointments or group only
Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join.	1 CLUB CLOSED Happy Canada Day!	2 9:30am Therapeutic Gardening 12:30pm Art Group: \$2.00 • DIY Journal Making 2:00pm Baking Group: • Apple Spice Muffins- Diabetic Friendly	3 10:00am Local Walkabout 11am About The Garden • <u>Garden Visit</u> 2:00pm Music Theory Group w/ Kevin 3:00pm Mindful Meditation Group	4 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social
7 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Member Meeting 1:00pm Music with MARK!	8 10:00am Mindful Walking Group 1:00pm Kitchen Skills \$3.00 • EGG SERIES! BLT'S w/ Homemade Mayo 3:00pm Chair Yoga	9 9:30am Therapeutic Gardening 11:00am Mindful Meditation @ Community Garden 12:30pm Art Group: • <u>Open Ended Art w/ Rebecca</u>	10 10:00am Local Walkabout 11am About The Garden • Shop for plants 1pm Coping Cards: create your own personalized tools for stress & anxiety! 3:00pm Mindful Meditation Group	11 9:30-4:00 New Member Orientations & 1-1 Appointments 11:00am Transit Travel w/ Susanne: • <u>Pygros Tavern for lunch. Meet at clubhouse</u>
14 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Tech Help 1:00pm Music with MARK!	15 10:00am Mindful Walking Group 1:00pm Kitchen Skills: \$3.00 • EGG SERIES! Fancy Ramen w/ soft boiled egg 3:00pm Chi Gong	16 Open till 7:00pm 9:30am Therapeutic Gardening 12:30pm Feather Carving & Painting with Nick- Session 1 \$5.00 4:30pm Movie Night	17 10:00am Local Walkabout 11am About The Garden • Wooden Bowl Painting & Planting @ Garden 2:00pm Music Theory Group w/ Kevin 3:00pm Mindful Meditation Group	18 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social 11:00am Club Fit w/ Tammy • <u>Meet At Clubhouse</u>
21 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Tech Help 1:00pm Music with MARK!	22 10:00am Mindful Walking Group 1:00pm Kitchen Skills \$3.00 • EGG SERIES! Easy Quiches 3:00pm Gentle Stretching	23 9:30am Therapeutic Gardening 11:00am Mindful Meditation @ Community Garden 12:30pm Feather Carving & Painting w/ Nick- Session 2 \$5.00	24 10:00am Member lead Planning Meeting 1pm Beginners Sign Language w/ Mel 3:00pm Mindful Meditation Group	25 9:30-4:00 New Member Orientations & 1-1 Appointments 10-3pm Sources Advocacy • By Appointment Only
28 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Tech Help 2:00pm Art Therapy w/ Charlotte	29 10:00am Mindful Walking Group 1:00pm Kitchen Skills \$3.00 • EGG SERIES! Lemon meringue Tarts 3pm Intro to Belly Dancing w/ Rebecca	30 Open till 7:00pm 9:30am Therapeutic Gardening 11am How to Start Saving \$ w/ Dara 12pm Iced Raspberry Mint Green Tea w/ Dara 12:30pm Get Creative w/ Arlee \$2.00 • <u>Recycled CD Mobiles</u> 4:30pm Movie Night	31 11am About The Garden 1:00pm Bowling at REV'S w/ Shelina • <u>\$4.00 per game</u> 2:00pm Music Theory Group w/ Kevin 3:00pm Mindful Meditation 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, 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. If you are having difficulties getting started at The Club– small Friday groups might be a great option for you :)

Supported Employment & Volunteering

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

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 !

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: Walking Groups! Tuesdays @ 10:00am (Mindful Nature Walk) & Thursdays @ 10:00am (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. Transit Travel 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. Weekly group with some member led groups.

Mental Health/Life skills:

- NEW: Tech help– 1-1 support for learning basic computer skills or help with a new phone/tablet. Bring device. Please sign up. Space is limited each week. Mondays @ 10:00am
- 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 @ 9:30am. 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
- Intro to Tai Chi & Chi Gong: gentle stretching groups– all levels welcome. Tuesdays @ 3:00pm. **Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- 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.