



The Club October 2025

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

Monday—Thursday 9:30am– 4:00pm
Evening Hours: Weds 8 & 29 9:30am-7:00pm
Fridays: No Drop-In. Appointments or group activity only

YA Only Groups
(19-30)
Go with the flow
9th & 23

Monday	Tuesday	Wednesday	Thursday	Friday
	closed @ 3pm for program participants		closed @ 3pm for program participants	Two Sides
Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join.		1 9:30am Therapeutic Gardening 2:00pm Boardgame Club	2 10:00am Mindful Walking Group 11am About The Garden • Garden Visit 3:00pm Tai Chi Meditation	3 9:30-4:00 New Member Orientations & 1-1 Appointments 11:00am– 2:00pm Food Skills • Session 4
6 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Vocational Navigation: • by appt. 2:00pm Music with MARK!	7 10:00am Mindful Walking Group 10:45 Pumpkin Lattes w/ Dara \$2.00 11:00am Member Meeting 1:00pm Kitchen Skills \$3.00 • Easy Crepes 3:00pm Chair Yoga	8 Open till 7:00pm 9:30am Therapeutic Gardening 11:00am Henna Hand Tattoos w/ Nat \$2.00 12:30pm Art Group: \$2.00 • Open Ended Art w/ Rebecca 2:00pm Karaoke w/ Tim 4:30pm Movie Night	9 10:00am Mindful Walking Group 11am Beginners Sign Language w/ Mel 11am About The Garden- Garden Visit 1:00pm Go with the FLOW (19-30 only) • Sleep Hygiene 3:00pm Chi Gong Meditation	10 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social
13 CLUB CLOSED HAPPY THANKSGIVING	14 CLUB OPEN @ 11:00am 1:00pm Kitchen Skills: \$3.00 • Lasagna Soup 3:00pm Chair Yoga	15 11:00am Henna Hand Tattoos w/ Nat \$2.00 12:30pm Art Group: \$2.00 • Soothing Face Mist w/ Julie 2:00pm Therapeutic Gardening– BIG GARDEN CLEAN UP DAY! Rain or Shine :)	16 1:00pm Bowling at REV's w/ Shellina \$3.00 3:00pm Mindful Meditation w/ mindwellu App.	17 9:30-4:00 New Member Orientations & 1-1 Appointments 10:45am Food Skills Session 5 • Grocery Store Tour
20 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Vocational Navigation: • by appt. 11:00am– 2:00pm Food Skills • Session 6 (FINAL SESSION) 2:00pm Music with MARK!	21 10:00am Mindful Walking Group 11:00am Janeen from Library • October Folklore! 1:00pm Kitchen Skills: \$3.00 • Mini Pumpkin Bread w/ Cream Cheese Icing 3:00pm Chair Yoga	22 11:00am Henna Hand Tattoos w/ Nat \$2.00 12:30pm Art w/ Kayla \$2.00 • Clay Witches Hat Incense Holders 2:00pm Boardgame Club	23 10:00am Group Leads: Planning Meeting 10:00am Mindful Walking Group 11:00am About The Garden • Pumpkin Carving– Bring your own pumpkin 2:00pm Go with the FLOW (19-30 only) • Social Anxiety 3:00pm Chi Gong Meditation	24 9:30-4:00 New Member Orientations & 1-1 Appointments 11:30am Transit Travel w/ Susanne: • Lunch @ Red Robins 2:00pm BOYZ in the HOOD: Men's Peer Social
27 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Vocational Navigation: • by appt. 2:00pm Art Therapy w/ Charlotte	28 10:00am Mindful Walking Group 1:00pm Kitchen Skills: \$3.00 • Halloween Cookie Decorating w/ Ayelet 3:00pm Chair Yoga	29 Open till 7:00pm 11:00am Vocational Navigation: by appt. 12:30pm Get Creative w/ Arlee \$2.00 • Halloween Ghost Decoration! 4:30pm Caramel Apple Making w/ Kayla & Rocky Horror Picture Show!! \$2.00—Free if you wear a costume!	30 10:00am Mindful Walking Group 11:00am Haunted Dool House Craft w/ Shannon \$2.00 1:00pm Poetry Group 1:00pm Bowling at REV's w/ Shellina \$3.00	31 9:30-4:00 New Member Orientations & 1-1 Appointments 11:00am Get Fit w/ Tammy • Meet At Clubhouse 10-3pm Sources Advocacy • By Appointment Only

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 :)

Pre-employment & Volunteering

The Clubhouse 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! Poetry Group– inclusive space to share your creativity! Bi-Weekly on Thursdays.**
- **About The Garden: Join Jo-Lynn and Susanne for a 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! Weekly 1-1 appointments available Mondays @ 11:00 or 10:00am-2:00pm Fridays**
- **NEW: Go with the FLOW– Young adults (19-30) group focused on self –care and wellness. Bi-weekly Thursdays.**
- **Mindful Nature Walk! Meet at club. Tuesdays Kanaka Creek & Thursdays Maple Ridge Park @ 10:00am**
- **Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly Fridays.**
- **Therapeutic Gardening Group: Wednesdays– LAST DAY OCT 15th. Call Lauren 604-476-7165/Shayna 604-467-7303**
- **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.**
- **Body Movement & Gentle Stretching: Tuesdays @ 3:00pm. Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- **Meditation Group: Intro to mindfulness and meditation practices with alternating Chi Gong/Tai Chi Meditation. 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.**