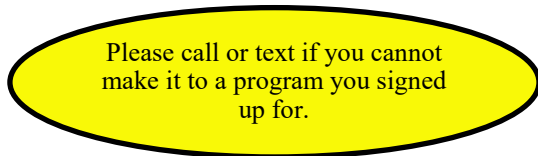
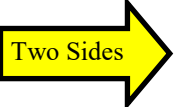


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community Garden Prep Month</p> <p>Please join your peers at the club as we get our garden ready for the upcoming season</p> <p>Join us on April 9th & 16th</p>		<p>closed @ 3pm for program participants</p> <p>1 10:00am Wellness Journaling</p> <p>12:00pm Movie & Popcorn</p> <p>3:00pm Chair Yoga</p>	<p>closed @ 3pm for program participants</p> <p>2 10:00am Mindful Walking Group: Kanaka <u>11:00am About The Garden-</u></p> <ul style="list-style-type: none"> Scarecrow Refurbishing <p>3:00pm Tai Chi Meditation</p>	<p>3</p> <p>CLUB CLOSED</p> <p>GOOD FRIDAY</p>
<p>6</p> <p>CLUB CLOSED</p> <p>EASTER MONDAY</p>		<p>7 10:00am Mindful Walking Group: MR Park</p> <p>1:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Sweet Potato Soup <p>2pm Boys in the hood- Men's Peer Social</p>	<p>8 10:00am Member Meeting</p> <ul style="list-style-type: none"> Free Banana Bread! <p><u>1:00pm Step By Step Guided Painting- Earth Day Painting</u></p> <p>3:00pm Coherent Breathing</p>	<p>9 10:00am Mindful Walking Group: Kanaka</p> <p><u>11:00am About The Garden-</u></p> <ul style="list-style-type: none"> Meeting- plant planning for season <p>12pm Intro to water propagating plants</p> <p>3:00pm Chi Gong Meditation</p>
<p>13 10:00-11:30 SPECIAL GUEST-WorkBC Disability Services Info Session</p> <p><u>12:00pm Basic Guitar Method w/ Sharon Session 4 Bring your own guitar</u></p> <p><u>2:00pm Music with MARK!</u></p>	<p>14 10:00am Mindful Walking Group: MR Park</p> <p><u>11:00am Janeen From Library</u></p> <ul style="list-style-type: none"> Canadian music through the decades <p>12:30pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Chili Mac & Cheese 	<p>15 10:30 Shaken Iced Tea w/ Dara (demonstration only) \$2.00</p> <p>11:00am Unusual Holiday Traditions</p> <ul style="list-style-type: none"> Discussion w/ Dara <p><u>12:30pm Art w/ Julie \$2.00</u></p> <ul style="list-style-type: none"> Bottle Art- Bring your own unique shaped glass bottle <p>3:00pm Chair Yoga</p>	<p>16 10:00am Mindful Walking Group: Kanaka <u>11:00am About The Garden-</u></p> <ul style="list-style-type: none"> Garden Clean Up & Prep for Season <p>1pm Bowling @ Rev's w/ Shellina \$3.00</p> <p>3:00pm Tai Chi Meditation</p>	<p>17 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>1:00pm YOUNG ADULTS:</p> <ul style="list-style-type: none"> Grow with the Flow <p><u>11:00am Get Fit w/ Tammy</u></p> <ul style="list-style-type: none"> Meet At Clubhouse
<p>20 11:00am Vocational Navigation</p> <ul style="list-style-type: none"> Where to find work? <p><u>2:00pm Music with MARK!</u></p>	<p>21 10:00am Mindful Walking Group: MR Park</p> <p>12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Korean Vegetable Pancakes <p>2pm Boys in the hood- Men's Peer Social</p>	<p>22 10:00am Wellness Journaling <u>11:00am Coupons & Points Workshop</u></p> <p><u>1:00pm Open Ended Art w/ Rebecca</u></p> <p>3:00pm Coherent Breathing</p>	<p>23 10:00am Mindful Walking Group: Kanaka <u>11:00am About The Garden-</u></p> <ul style="list-style-type: none"> Garden Clean Up & Prep for Season <p>1pm Bowling at Rev's w/ Shellina \$3.00</p> <p>3:00pm Chi Gong Meditation</p>	<p>24 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p><u>10-3pm Sources Advocacy</u></p> <p><u>11:30am Transit Travel w/ Susanne: Meadowtown Centre</u></p> <p>1pm YOUNG ADULTS: Crafting Through Anxiety w/ Kayla \$2.00</p>
<p>27 <u>11:00am Basic Guitar Method w/ Sharon Session 5 Bring your own guitar</u></p> <p><u>2:00pm Music with MARK!</u></p>	<p>28 10:am Mindful Walking Group: Community Walk</p> <p><u>11:00am Member Leads: Planning Meeting</u></p> <p>1:00pm Easy Baking Group</p> <ul style="list-style-type: none"> Carrot Cake Cupcakes <p>1:00pm Finger Knitting</p>	<p>29 10:00am Junk Journaling</p> <p>12:00pm Easy Baking Group</p> <ul style="list-style-type: none"> Breakfast Strata <p><u>12:30pm Get Creative w/ Arlee\$2.00</u></p> <p>3:00pm Chair Yoga</p>	<p>30 CLUB OPEN @ 12pm</p> <p><u>12:00pm About the Garden</u></p> <ul style="list-style-type: none"> Plant and seed shopping <p>1:00pm Going back to School:</p> <ul style="list-style-type: none"> Info session for Young Adults 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, individual mindfulness work, appointments with staff or if you are joining one of our a small member led programs (invite only). 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/>
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- Monday 9:30am Walking Group Shayna 604-467-7303

Clubhouse is available to MEMBERS ONLY

Referral from a Mental Health Professional is needed to join.

PROGRAMS– by sign up only

Social/Recreational:

- 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.
- Basic Guitar Method with Sharon: Learn the basics– reading sheet music and playing guitar. Must attend all 8 sessions. Bring your own guitar. Every second Monday at 11:00am.
- About The Garden: Join Jo-Lynn and Susanne for a weekly group on Thursdays 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 @ 9:30am: Call to sign up 604-467-7303
- Art Groups: Painting, crafting, and mixed media styles. Weekly member led groups on Wednesdays. May have cost.

Mental Health/Life skills/Vocational:

- Vocational Navigation: 1-1 support around where to start with work, school, or future career ideas! See Jim to learn more.
- Wellness Journaling– Join us for a weekly exploration of journaling styles and self reflection. Wednesday @ 10:00am
- Mindful Nature Walk! Walk at Maple Ridge Park Tuesdays and Kanaka Creek Thursday. Meet at club or at location. Sign up.
- Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly Tuesdays.
- Mindful Thursdays @ 3:00pm. Alternate Tai Chi & Chi Gong. **Club only open for participants.**
- Mid-week Wellness: Alternating Chair Yoga & Coherent Breathing – Come practice rhythmic breathwork and learn how it can reduce stress and anxiety. Wednesdays @ 3:00pm. **Club only open for participants.**
- Kitchen Skills & Basic Baking: Learn some simple recipes and build up your confidence in the kitchen! May have a cost.
- Mindfulness room available to be booked throughout the day. If you would like an orientation to the space let us know.
- **WorkBC Disability Services Information Session– Monday April 13th @ 10:00am-11:30am.**

Young Adults Only (19-30) Fridays @ 1:00pm

- Kitchen Group– Easy Cooking & Baking . Easy recipes for beginners in a small relaxed group. \$3.00
- Grow with the Flow: All about self care, wellness and personal growth.
- Wellness and Poetry Group: a group dedicated to poetry and creative writing that encourages healing, emotional insight and growth.
- Crafting through Anxiety w/ Kayla: a low pressure group to learn how crafting can be used as a tool for anxiety relief.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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