



The Club August 2026

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

Monday—Thursday 9:30am– 4:00pm & Some Evenings
Fridays: No drop in socials. appointments, small group
invite, or individual mindfulness work.

YA Only Groups
Every Friday
& 2nd to last Tues

Monday	Tuesday	Wednesday closed @ 3pm for program participants	Thursday closed @ 3pm for program participants	Friday
3 CLUB CLOSED BC DAY	4 10am Mindful Walking Group: MR Park 11:00am Kitchen Skills \$3.00 Sloppy Joes 1:30pm Self Compassion Group: Rotating Topic	5 10:00am Wellness Journaling 11:00am Member Meeting 3:00pm Chair Yoga	6 10am Mindful Walking Group: Kanaka 11:00am About The Garden- Garden visit 1:00pm Bowling w/ Shelina 3:00pm Meditation Breathwork	7 9:30-4:00 New Member Orientations & 1-1 Appointments 1:00pm YOUNG ADULTS: Boardgame afternoon
10 11:00am Vocational Navigation 1-1 Appointments <u>2:00pm Music with MARK!</u>	11 10am Mindful Walking Group: MR Park 11:00am Janeen from Library- Armchair Travel 11:00am Kitchen Skills \$3.00 Cheeseburger Spring Rolls 1:30pm Boys in the hood- Men's Peer Social	12 10:00am Wellness Journaling <u>12:30pm Art Group \$2.00</u> Torn Paper Ocean Art 3:00pm Chair Yoga	13 SUMMER BBQ! Karaoke, Hot Dogs, Potato Salad & Comedy w/ Sharon \$5.00 12:00pm-3:00pm	14 9:30-4:00 New Member Orientations & 1-1 Appointments 1:00pm YOUNG ADULTS- Kitchen Skills: Japanese Curry \$3.00 1:00pm Walk and Talk: local walk to Alouette River w/ Michael
17 11:00am Vocational Navigation 1-1 appointments 1:00pm Video Game Hangout <u>2:00pm Music with MARK!</u>	18 10am Mindful Walking Group: MR Park 11:00am Kitchen Skills \$3.00 - Bruschetta Salad 1:30pm Self Compassion Group: Rotating Topic 3:00pm YOUNG ADULTS: - Wellness & Poetry w/ Kayla	19 OPEN TILL 7:00pm 10:00am Wellness Journaling <u>12:30pm Art w/ Julie: \$2.00</u> Wire-wrapped rock pendants 3:30pm D&D Character Creation Workshop	20 10am Mindful Walking Group: Kanaka 11:00am About The Garden- Garden visit & Outdoor Meditation 3:00pm Meditation Breathwork	21 9:30-4:00 New Member Orientations & 1-1 Appointments <u>11:00am Get Fit w/ Tammy</u> 1:00-12:30 WorkBC Career Coaching By appointment only 1:00pm YOUNG ADULTS: Social & Snacks
24 11:00am Vocational Navigation 1-1 appointments <u>2:00pm Music with MARK!</u>	25 10am Mindful Walking Group: MR Park 11:00am Kitchen Skills \$3.00 Zucchini Fritters 1:30pm Boys in the hood- Men's Peer Social	26 10:00am Junk Journaling 11:00am Member Lead Planning Mtg. <u>12:30pm Get Creative w/ Arlee \$2.00</u> Book Art 3:00pm Chair Yoga	27 10am Mindful Walking Group: Kanaka 11:00am About The Garden \$2.00 Art @ the Garden- Painted Bowls 1:00pm Bowling w/ Shelina 3:00pm Meditation Breathwork	28 9:30-4:00 New Member Orientations & 1-1 Appointments 10:00am-3:00pm Sources Advocacy - By appointment only 1:00pm YOUNG ADULTS: - Video Game Hangout
31 11:00am Vocational Navigation 1-1 appointments <u>2:00pm Music with MARK!</u>	Please call or text if you cannot make it to a program you signed up for.	Two Sides		

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 small member led programs (invite only). 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

Staff are available by appointment on MONDAYS @ 11:00am:

Career Exploration Resume help Job Search

Volunteer Work Interview Prep TVP Access

WorkBC Career Coach on site every third Friday of the Month
Information on WorkBC disability services and 1-1 support

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. Please
see website for referral.

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. **NEW: Walk and Talk— Local walk to Alouette River with Michael.** Some member led community groups have a cost. See posters at Club.
- About The Garden: Join Jo-Lynn and Susanne for a weekly group on Thursdays @ our local Community Garden.
- 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:

- **NEW: Community Garden is BACK!** Join us every Thursday @ 11:00am. Meet at club 11am or garden 11:30am
- **NEW: Self Compassion Group: Bi-Weekly Tuesdays @ 2:00pm.** A place to focus on inner-strength, self-acceptance, and resilience. through learning and practicing self-compassion. New topic discussed each group.
- 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.
- Meditation Breathwork: Thurs @ 3:00pm. Alternate Tai Chi, Chi Gong and Coherent Breathing. **Club only open for participants.**
- Chair Yoga: Wednesdays @ 3:00pm. Gentle stretching and seated yoga. **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.
- **NEW: WorkBC Disability Career Coach on site every 3rd Friday for information and connection to WorkBC services.**

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

- Kitchen Group— Easy Cooking & Baking . Easy recipes for beginners in a small relaxed group. \$3.00
- **Wellness and Poetry Group: a group dedicated to poetry and creative writing that encourages healing, emotional insight and growth.**
Moved to second to last Tuesday of each month @ 3:00pm
- Social, Boardgame, and Video Game Afternoons: Come relax and meet some new people.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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