



# The Club July 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

Monday	Tuesday	Wednesday closed @ 3pm for program participants	Thursday closed @ 3pm for program participants	Friday
<p>Please call or text if you cannot make it to a program you signed up for.</p>		<p>Two Sides →</p>		
		<p>1 CLUB CLOSED HAPPY CANADA DAY!</p>	<p>2 MINDFUL WALK CANCELLED <u>10:30am About The Garden-</u> • <u>Garden visit</u>  3:00pm Tai Chi Meditation</p>	<p>3 9:30-4:00 New Member Orientations &amp; 1-1 Appointments  1:00pm YOUNG ADULTS: • Boardgame afternoon</p>
<p>6 11:00am Vocational Navigation • 1-1 appointments 11:00am Garden Visit  <u>2:00pm Music with MARK!</u></p>	<p>7 10am Mindful Walking Group: MR Park 11:00am Janeen from Library- Armchair Travel  11:00am Kitchen Skills \$3.00 • Single Servings Series! Whoopie Pies 1:30pm Self Compassion Group: Rotating Topic</p>	<p>8 10:00am Wellness Journaling 11:00am Member Meeting  3:00pm Mindwell U: App Exploration • Mindful Eating</p>	<p>9 10am Mindful Walking Group: Kanaka <u>10:30am About The Garden-</u> • <u>Garden visit</u>  3:00pm Chair Yoga</p>	<p>10 9:30-4:00 New Member Orientations &amp; 1-1 Appointments  1:00pm YOUNG ADULTS- Easy Baking • Strawberry Shortcakes \$2.00 1:00pm Walk and Talk: local walk to Alouette River w/ Michael</p>
<p>13 11:00am Vocational Navigation • 1-1 appointments  11:00am Garden Visit  <u>2:00pm Music with MARK!</u></p>	<p>14 10am Mindful Walking Group: MR Park  11:00am Kitchen Skills \$3.00 • Single Serving Series! Lemon Meringue Pie 1:30pm Boys in the hood- Men's Peer Social</p>	<p>15 <b>Open Till 7pm</b>  10:00am Wellness Journaling  <u>12:30pm Art w/ Julie: \$2.00 per piece</u> • <u>Resin Ring/Pendant Making</u> 1:00pm Jeopardy!  4:00pm Movie "The Birdcage"</p>	<p>16 10am Mindful Walking Group: Kanaka  <u>10:30am About The Garden-</u> • <u>Garden visit &amp; Outdoor Meditation</u>  3:00pm Tai Chi Meditation</p>	<p>17  <b>CLUB OPEN @ 12:00pm</b>  1:00pm YOUNG ADULTS: Social &amp; Snacks</p>
<p>20 11:00am Vocational Navigation • 1-1 appointments  <u>2:00pm Music with MARK!</u></p>	<p>21 <b>NO WALKING GROUP TODAY</b>  11:00am Kitchen Skills \$3.00 • Single Serving Series! Sweet Potato Quiche 1:30pm Self Compassion Group: Rotating Topic</p>	<p>22 10:00am Wellness Journaling  <u>12:30pm Art Group \$2.00</u> • <b>Open Ended Art</b>  3:00pm Mindwell U: App Exploration • Shinrin-Yoku</p>	<p>23 <b>NO WALKING GROUP TODAY</b> <u>10:30am About The Garden</u> • <u>Garden visit</u>  12pm FIBRE BEANANZA! \$3.00 - Learn the benefits of BEANS: Marry me beans &amp; black bean brownies 3:00pm Chair Yoga</p>	<p>24 9:30-4:00 New Member Orientations &amp; 1-1 Appointments <u>11:00am Get Fit w/ Tammy</u> • <u>Meet At Clubhouse</u> <b>11:00-12:30 WorkBC Career Coaching</b>  1:00pm YOUNG ADULTS: • Wellness &amp; Poetry</p>
<p>27 11:00am Vocational Navigation • 1-1 appointments  11:00am Garden Visit  <u>2:00pm Music with MARK!</u></p>	<p>28 10am Mindful Walking Group: MR Park  11:00am Kitchen Skills \$3.00 • Single Serving Series! Mini Pizza w/ Homemade High Protein Crust 1:30pm Boys in the hood- Men's Peer Social</p>	<p>29  10:00am Junk Journaling 11:00am Member Leads: Planning Meeting <u>12:30pm Get Creative w/ Arlee \$2.00</u> • Suncatchers  3:00pm Mindwell U: App Exploration</p>	<p>30  10am Mindful Walking Group: Kanaka  <u>11:00am About The Garden-</u> • <u>Picnic @ Garden \$5:00- Chips and Hotdogs &amp; Pop</u></p>	<p>31  9:30-4:00 New Member Orientations &amp; 1-1 Appointments <b>10-3pm Sources Advocacy</b> <u>10:30am Transit Travel w/Susanne:</u> • <u>Picnic @ MR Park- bring you own lunch. Meet at Clubhouse</u> 1pm YOUNG ADULTS: Crafting Through Anxiety w/ Kayla \$2.00</p>

## HOW TO CONNECT

Phone: 604-467-0544  
Text: 604-340-6902  
Email: [theclub@mrpmcs.ca](mailto: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.
- Mindful Thursdays @ 3:00pm. Alternate Tai Chi, Chair Yoga and Gentle Stretching. **Club only open for participants.**
- Mid-week Wellness: Exploration of the Mindwell U App– 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.
- **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
- 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**