



The Club May 2026

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

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

YA Only Groups

Every Friday

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>Please call or text if you cannot make it to a program you signed up for.</p>	<p>closed @ 3pm for program participants</p>	<p>closed @ 3pm for program participants</p> <p style="text-align: center;"></p>	<p>1 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>1:00pm YOUNG ADULTS</p> <ul style="list-style-type: none"> Local walk for Ice Cream
<p>4 11:00am Vocational Navigation</p> <ul style="list-style-type: none"> How to create a resume workshop <p>12:00pm 1-1 Tech Help</p> <p>2:00pm Music with MARK!</p>	<p>5 10:00am Mindful Walking Group: MR Park</p> <p>11:00am Janeen From Library</p> <ul style="list-style-type: none"> Canadian music through the decades <p>12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Caesar Salad w/ Homemade Dressing <p>2pm Boys in the hood- Men's Peer Social</p>	<p>6 10:00am Member Meeting</p> <p>12:30pm Art w/ Julie \$2.00</p> <ul style="list-style-type: none"> Carryover bottle art group- for those that signed up last month only <p>3:00pm Coherent Breathing</p>	<p>7 10:00am Mindful Walking Group: Kanaka</p> <p>11:00am About The Garden-</p> <ul style="list-style-type: none"> Garden visit <p>3:00pm Gentle Stretch</p>	<p>8 9:30-4:00 New Member Orientations</p> <p>9:30am YOUNG ADULTS- bus trip</p> <ul style="list-style-type: none"> Learn to Fish Workshop at Lafarge Lake- meet @ Club <p>1:00pm Walk and Talk: local walk to Alouette River w/ Michael</p>
<p>11 11:00am Vocational Navigation</p> <ul style="list-style-type: none"> 1-1 appointments <p>11:00pm Basic Guitar Method w/ Sharon Session 6 Bring your own guitar</p> <p>2:00pm Music with MARK!</p>	<p>12 10:00am Mindful Walking Group: MR Park</p> <p>12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Salad Series! Roasted Broccoli Salad <p>2:00pm Self Compassion Group</p>	<p>13 11:00am Unique Holiday Traditions & Celebrations: Discussion w/ Dara</p> <p>1:00pm Easy Baking Group \$2.00</p> <ul style="list-style-type: none"> Easy Cornbread Muffins <p>3:00pm Chair Yoga</p>	<p>14 10:00am Mindful Walking Group: Kanaka</p> <p>12:30pm About The Garden-</p> <ul style="list-style-type: none"> Planting Day! Free Sandwich & Drink Plant shopping @ 11:00am <p>3:00pm Chi Gong Meditation</p>	<p>15 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>1:00pm YOUNG ADULTS:</p> <ul style="list-style-type: none"> Wellness & Poetry
<p>18</p> <p style="text-align: center;">CLUB CLOSED</p> <p style="text-align: center;">VICTORIA DAY</p>	<p>19 10:00am Mindful Walking Group: MR Park</p> <p>12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Salad Series! Couscous Salad <p>2pm Boys in the hood- Men's Peer Social</p>	<p>20 10:00am Junk Journaling</p> <p>10:30 Shaken Iced Tea & Strawberry Muffins w/ Dara \$2.00</p> <p>12:30pm Get Creative w/ Arlee \$2.00</p> <ul style="list-style-type: none"> TYE DYE! Bring your own white item <p>1:00pm Pickle Ball! Meet at Leisure Ctr</p> <ul style="list-style-type: none"> Register w/ Shayna 604-467-7303 <p>3:00pm Coherent Breathing</p>	<p>21 10:00am Mindful Walking Group: Kanaka</p> <p>11:00am About The Garden</p> <ul style="list-style-type: none"> Garden visit <p>12:00pm Coupons & Points Workshop</p> <p>1pm Bowling at Rev's w/ Shellina \$3.00</p> <p>3:00pm Tai Chi Meditation</p>	<p>22 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>11:00am Get Fit w/ Tammy</p> <ul style="list-style-type: none"> Meet At Clubhouse <p>11:00-12:30 WorkBC Career Coaching</p> <p>1:00pm YOUNG ADULTS:</p> <ul style="list-style-type: none"> Grow with The Flow
<p>25 11:00am Vocational Navigation</p> <ul style="list-style-type: none"> 1-1 appointments <p>11:00am Basic Guitar Method w/ Sharon Session 7 Bring your own guitar</p> <p>2:00pm Music with MARK!</p>	<p>26 10:am Mindful Walking Group: Community Walk</p> <p>11:00am Member Leads: Planning Meeting</p> <p>12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Salad Series! Lightened Up Taco Salad <p>2:00pm Self Compassion Group</p>	<p>27 CLUB OPEN @ 12:00pm-6:00pm</p> <p>1:00pm Pickle Ball! Meet at Leisure Ctr.</p> <ul style="list-style-type: none"> Register w/ Shayna 604-467-7303 <p>3pm-6pm 80's DANCE party! Karaoke!</p> <ul style="list-style-type: none"> Hot Dogs & Fries & Ice Cream 	<p>28 10:00am Mindful Walking Group: Kanaka</p> <p>11:00am About The Garden</p> <ul style="list-style-type: none"> Garden visit <p>11am Beginners Sign Language w/ Mel</p> <p>12:00pm Easy Baking Group \$2.00</p> <ul style="list-style-type: none"> Coconut Macarons <p>1pm Bowling at Rev's w/ Shellina \$3.00</p>	<p>29 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>10-3pm Sources Advocacy</p> <p>11:30am Transit Travel w/Susanne: CHINA KITCHEN!</p> <p>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

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). 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

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.

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, Chi Gong and Gentle Stretching. **Club only open for participants.**
- Mid-week Wellness: Alternating Chair Yoga & Coherent Breathing – 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