



The Club September 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
NOW EVERY
WEDNESDAY
AFTERNOON

Monday	Tuesday closed @ 3pm for program participants	Wednesday Open Some Evenings!	Thursday closed @ 3pm for program participants	Friday
	1 10am Mindful Walking Group: MR Park 11:00am Janeen from Library 1:00pm Cards Afternoon 3:00pm Chair Yoga	2 10:00am Wellness Journaling 11:00am Member Meeting 2:00pm YOUNG ADULTS: Japanese Curry \$3.00	3 10am Mindful Walking Group: Kanaka 11:00am About The Garden- Garden visit 1:00pm Bowling w/ Shelina 3:00pm Meditation Breathwork	4 9:30-4:00 New Member Orientations & 1-1 Appointments
7 Club Closed Labour Day	8 CLUB OPEN @ 12:30pm 1:00pm Kitchen Skills: Pita Pizzas 1:00pm Cards Afternoon 3:00pm Chair Yoga	9 CLUB OPEN LATE 10:30 Apple Cider & Apple Muffins w/ Dara \$2.00 11:00am Art w/ Julie \$2.00 - Rice Paper Lanterns 2:00pm YOUNG ADULTS - Boardgames & Snacks 3:30pm D&D Group	10 10am Mindful Walking Group: Kanaka 11:00am About The Garden- Garden visit & Outdoor Meditation 12:30 Baking Group: Berry Crisp w/ Shelina \$3.00 3:00pm Meditation Breathwork	11 9:30-4:00 New Member Orientations & 1-1 Appointments 10:30am Boys in the hood Men's Peer Social 1:00pm Walk and Talk: local walk to Alouette River w/ Michael
14 11:00am Vocational Navigation 1-1 appointments 12:00pm Video Game Hangout 2:00pm Music with MARK!	15 10am Mindful Walking Group: MR Park 11:00am Kitchen Skills \$3.00 Baked Falafel & Pita Wraps 1:00pm Cards Afternoon 3:00pm Chair Yoga	16 CLUB OPEN @ 12:00pm 12:30pm Card Making w/ Colleen: \$2.00 2:00pm YOUNG ADULTS- Wellness & Poetry w/ Kayla	17 10am Mindful Walking Group: Kanaka 11:00am About The Garden- Garden visit 1:00pm Bowling w/ Shelina 3:00pm Meditation Breathwork	18 9:30-4:00 New Member Orientations & 1-1 Appointments 11:00am Get Fit w/ Tammy 10:00am-3:00pm Sources Advocacy - By appointment only 11:00-12:30 WorkBC Career Coaching - By appointment only
21 CLUB OPEN @ 11:00am 11:00am Vocational Navigation 1-1 appointments 1pm Personal Growth Group: Rotating Topic 2:00pm Music with MARK!	22 CLUB OPEN @ 12:00pm 10am Breakfast outing! Join us for a walk to A&W Meet out front of Clubhouse 1:00pm Member Lead Planning Mtg. 3:00pm Chair Yoga	23 CLUB OPEN LATE 10:00am Crochet/Knitting Group 11:00am Member Lead Planning Mtg. 11am Get Creative w/ Arlee \$2.00 Jean Feather Keychains 4:00pm YOUNG ADULTS: Movie Night	24 10am Mindful Walking Group: Kanaka 11:00am About The Garden \$2.00 Garden Visit 1:00pm Fall Mindfulness DIY BINGO- personalized wellness activity!	25 9:30-4:00 New Member Orientations & 1-1 Appointments 10:30am Boys in the hood Men's Peer Social 12:30-3:30 D&D Group
28 11:00am Vocational Navigation 1-1 appointments 12:00pm Video Game Hangout 2:00pm Music with MARK!	29 10am Mindful Walking Group: MR Park 11:00am Kitchen Skills \$3.00 Croque Monsieur Sandwiches 1:00pm Cards Afternoon 3:00pm Chair Yoga	30 Club Closed National Day for Truth and Reconciliation 	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/>**
- **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: Personal Growth Group: Bi-Weekly Mondays @ 1:00pm.** 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) WEDNESDAYS AFTERNOONS— SEE YA POSTER

- 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.**
- 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 of the month.**