



The Club March 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
6, 13, 20, 27
Afternoons

Monday	Tuesday	Wednesday closed @ 3pm for program partici-	Thursday closed @ 3pm for program participants	Friday
<p>2 11:00am Vocational Navigation w/ Jim: by appointment</p> <p><u>2:00pm Music with MARK!</u></p>	<p>3 10:00am Mindful Walking Group</p> <p>1pm Walk to ACT Gallery for special sensory exhibit</p> <p>2pm Boys in the hood- Men's Peer Social</p>	<p>4 10:00am Wellness Journaling 11:00am Member Meeting</p> <ul style="list-style-type: none"> Free Pie & Hot Chocolate <p>3:00pm Coherent Breathing Group</p>	<p>5 10:00am Mindful Walking Group</p> <p><u>11:00am About The Garden-</u></p> <ul style="list-style-type: none"> Garden Visit <p>3:00pm Tai Chi Meditation</p>	<p>6 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>12:00pm YOUNG ADULTS</p> <ul style="list-style-type: none"> Bite-Sized Boundaries Group
<p>9 11:00am Vocational Navigation w/ Jim: by appointment</p> <p><u>12:30pm Basic Guitar Method w/ Sharon Session 2 Bring your own guitar</u></p> <p><u>2:00pm Music with MARK!</u></p>	<p>10 10:00am Mindful Walking Group 12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Cottage Cheese Bagels <p>2:00pm Coping Cards Workshop- personalized way to recall healthy coping strategies</p>	<p>11 10:00am Wellness Journaling <u>12:30pm Art Group \$2.00</u></p> <ul style="list-style-type: none"> Ceramic Pendant Making w/ Julie <p>3:00pm Isometric Strength Training</p>	<p>12 10:00am Mindful Walking Group 11:00am Baking Basics \$2.00</p> <ul style="list-style-type: none"> Cottage Cheese Cinnamon Rolls <p><u>11:00am About The Garden-</u></p> <ul style="list-style-type: none"> Garden Visit <p>3:00pm Mindful Meditation</p>	<p>13 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>12:00pm YOUNG ADULTS</p> <ul style="list-style-type: none"> Wellness & Poetry
<p>16 11:00am Vocational Navigation w/ Jim: by appointment</p> <p><u>2:00pm Music with MARK!</u></p>	<p>17 10:00am Mindful Walking Group</p> <p>12:00pm Kitchen Skills \$3.00</p> <ul style="list-style-type: none"> Irish Colcannon <p>2pm Boys in the hood- Men's Peer Social</p>	<p>18 OPEN TILL 7pm 10:00am Junk Journaling 11:00am Janeen From Library</p> <p><u>1:00pm Open Ended Art w/ Rebecca</u></p> <p>3:00pm Chair Yoga 4:00pm Movie Night</p>	<p>19 10:00am Mindful Walking Group 10:00am Basic Baking: \$2.00</p> <ul style="list-style-type: none"> Irish Soda Bread <p><u>11:00am About The Garden- \$3.00</u></p> <ul style="list-style-type: none"> Decoupage Easter Eggs <p>1:00pm Bowling at Rev's w/ Shellina \$3.00 3:00pm Chi Gong Mediation</p>	<p>20 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>1:00pm YOUNG ADULTS:</p> <ul style="list-style-type: none"> Kitchen Group\$3.00 <u>11:00am Get Fit w/ Tammy</u> <u>Meet At Clubhouse</u>
<p>23 11:00am Vocational Navigation w/ Jim: by appointment</p> <p><u>11:00am Basic Guitar Method w/ Sharon Session 3 Bring your own guitar</u></p> <p><u>2:00pm Music with MARK!</u></p>	<p>24 10:00am Mindful Walking Group</p> <p>1:00pm Jeopardy!</p>	<p>25 10:00am Wellness Journaling 10:30 Peppermint Matcha Lattes w/ Dara (demonstration only) \$2.00 11am Stand up for Mental Health</p> <ul style="list-style-type: none"> Discussion w/ Dara <p><u>12:30pm Get Creative w/ Arlee\$2.00</u></p> <ul style="list-style-type: none"> Leather crafting <p>3:00pm Coherent Breathing Group</p>	<p>26 10:00am Mindful Walking Group</p> <p><u>11:00am About The Garden- Garden Visit</u></p> <p>12:00pm Member Leads: Planning Meeting</p> <p>1:00pm Bowling at Rev's w/ Shellina \$3.00</p>	<p>27 9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>10:30pm Sources Advocacy</p> <p><u>11:30am Transit Travel w/ Susanne: RED ROBIN'S</u></p> <p>1pm YOUNG ADULTS: Crafting Through Anxiety w/ Kayla \$2.00</p>
<p>30 11:00am Vocational Navigation w/ Jim: by appointment</p> <p><u>2:00pm Music with MARK!</u></p>	<p>31 10:00am Mindful Walking Group 12:00pm Nourish and Flourish Workshop</p> <ul style="list-style-type: none"> Healthy Eating & Balanced Nutrition <p>2pm Boys in the hood- Men's Peer Social</p>		<p>Please call or text if you cannot make it to a program you signed up for.</p>	<p>Two Sides </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

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/>**
-
- **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 bi-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. Wednesdays @ 10:00am
- Mindful Nature Walk! Meet at club. Walk at Kanaka Creek. Tuesdays & Thursdays @ 10:00am
- 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 seated meditation. **Club only open for participants.**
- Mid-week Wellness Groups: Isometric Strength Training (Intro to exercises that involves muscle engagement without movement) and Chair Yoga (gentle seated stretching) & 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.

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.
- 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.**