The Club

November 2026

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

Phone: 604-467-0544
Text: 604-340-6902
Web: www.comservice.bc.ca
Email: theclub@mrpmcs.ca

YA (19-30) Only Groups Every Wednesday

Monday—Friday
9:30am– 4:00pm

- Open Some Wednesday Evenings
- Fridays: No drop in socials. appointments, small group invite, or individual mindfulness work.

community SERVICES
Changing lives together

Monday	Tuesday	Wednesday	Thursday	Friday
Closed @ 4:00pm	Closed @ 3:00pm for Program Participants	Open Some Evenings!	Closed @ 3:00pm for Program Participants	Closed @ 4:00pm

2 10am Wellness Journaling 11am Vocational Navigation 12pm Video Game Hangout 2pm Music with MARK!	**3** 10am Mindful Walking: MR Park 11am Janeen From Library 1pm Cards Afternoon 3pm Chair Yoga	**4** Open Until 7 11am Member Mtg. 1pm Walk to ACT Art Gallery 2pm YOUNG ADULTS • Board/Video Games 3:30pm D&D	**5** 10am Mindful Walking: Kanaka 11:00am Knitting & Crocheting 1pm Personal Growth: Values 3pm Chi-Gong	**6** 9:30-4pm New Member Orientations & 1-1 Appointments 10:30am: Men's Peer Social 12-3pm D&D: Closed Group
9 10am Wellness Journaling 11am Vocational Navigation 1pm Easy Baking $2.00 • Mini Apple Galette for one 2pm Music with MARK!	**10** 10am Mindful Walking: MR Park 12pm Kitchen Skills $3.00 One Pan Pasta- Creamy Veg Orzo 1pm Cards Afternoon 3pm Chair Yoga	**11** Club Closed Remembrance Day	**12** 10am Mindful Walking: Kanaka 11:00am Knitting & Crocheting 1pm EPI Video Games 3pm Guided Meditation	**13** 9:30-4pm New Member Orientations & 1-1 Appointments 1:00pm Walk and Talk: Local walk to Alouette River w/ Michael
16 10am Wellness Journaling 11am Vocational Navigation 12pm Video Game Hangout 2pm Music with MARK!	**17** 10am Mindful Walking: MR Park 12pm Kitchen Skills $3.00 One Pan Pasta- Cheeseburger Mac 3pm Chair Yoga	**18** Open Until 7 10:30am Cooking Substitutions w/ Dara + Banana Bread 11am Card Making w/ Colleen $2.00 2pm YOUNG ADULTS • Wellness & Poetry w/ Kayla 4pm Movie & Popcorn • Guardians of the Galaxy	**19** 10am Mindful Walking: Kanaka 11:00am Knitting & Crocheting 1pm Bowling @ Rev's w/ Shelina $3.00 including shoe rental 1pm Personal Growth: Identity 3pm Tai Chi	**20** 9:30-4pm New Member Orientations & 1-1 Appointments 10:30am: Men's Peer Social 11:00am: Get Fit w/ Tammy 12-3pm D&D: Closed Group
23 10am Wellness Journaling 11am Vocational Navigation 1pm Easy Baking $2.00 • Biscotti w/ Julie 2pm Music with MARK!	**24** 10am Member Lead Mtg. 11am Lunch Outing: Red Robins Club Closed 11:00 - 2:00 3pm Chair Yoga	**25** 10:30am Discussion w/ Dara To Shop or Not to Shop 11am Get Creative w/ Arlee $2.00 2pm YOUNG ADULTS Kitchen • Gluten-free Cornbread $2.00	**26** Club Closed Staff Training	**27** 9:30-4pm New Member Orientations & 1-1 Appointments 10-3 Sources Advocacy By Appointment Only
30 10am Wellness Journaling 11am Vocational Navigation 12pm Video Game Hangout 2pm Music with MARK!				

- Out in Community
- Member Led
- Young Adults
- Wellness & Life Skills
- Community Partner
- Recreation
- Orientations & 1-1 Appointments
- Vocational

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HOW TO CONNECT

Phone: 604-467-0544
Text: 604-340-6902
Email: theclub@mrpmcs.ca

A note about Fridays:

Fridays are openfor 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 bustrip 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. Final Month.
- 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: Knitting and Crocheting is back! Thursday mornings at 11:00am
- NEW: Personal Growth Group: Bi-Weekly Thursdays @ 1:00pm. A place to focus on inner-strength, self-acceptance, and resilience, through learning and group discussion. 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. Mondays @ 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 Fridays.
- Meditation Breathwork: Thurs @ 3:00pm. Alternating Tai Chi, Chi Gong, Coherent Breathing and Guided Meditation.
- Chair Yoga: Tuesdays @ 3:00pm. Gentle stretching and seated yoga.
- Kitchen Skills & Basic Baking: Learn some simple recipes and build up your confidence in the kitchen! Program has 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 @ 2:00pm.

- 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.
- 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