



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 11:00am Clubhouse MEMBERS MEETING- FREE LUNCH: Come share your ideas for fall and winter programs!</p> <p>1:00pm Clubhouse Member Leads: • Planning Meeting</p>	<p>2 12:00pm Art Exploration: • Pumpkin Pipe Cleaner Bouquet</p> <p>2:30pm Chair Yoga for Mindfulness</p>	<p>3 10:00am Morning Mindful Meditation Group</p> <p>11:30am Yarn & Yak (Crocheting/Knitting)</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>4 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments 1:00-2:30pm: Substance Use Activity Group. (19-30 Young Adults)</p>
<p>7 9:30am Walking Group w/ Shayna • Call Shayna for more info 11:00am Therapeutic Gardening • Meet at Garden (sign up) 10:00am Coffee & Journaling 1pm Music with MARK!</p>	<p>8 CLUB OPEN AT 12:30</p> <p>1:00pm Kitchen Skills: \$3.00 • Gluten Free Banana Bread</p>	<p>9 Club Closed Staff Training</p>	<p>10 11:30am Yarn & Yak (Crocheting/Knitting)</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>11 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p>
<p>14 CLUB CLOSED HAPPY THANKSGIVING!</p>	<p>15 11:00am Kitchen Skills: \$3.00 • Butternut Squash Soup</p> <p>12:45 Fancy Coffee Group w/ Dara \$2.00 • Caramel Macchiato</p> <p>1:00pm Life Skills: • Overcoming Social Anxiety</p>	<p>16 </p> <p>11:00am WEED & DIG FOR SPRING! • Garden Clean Up & Final Harvest Sandwiches + Drinks provided</p> <p>2:30pm Chair Yoga for Mindfulness</p>	<p>17 10:00am Morning Mindful Meditation Group</p> <p>11:30am Yarn & Yak (Crocheting/Knitting)</p> <p>12:30 Vision Boards w/ Rebecca- Bring your own inspirational photos</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>18 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>1:00pm New Member Social • Board Games or Cards</p>
<p>21 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Coffee & Journaling</p> <p>1pm Music with MARK!</p>	<p>22 </p> <p>Halloween Social!</p> <p>12:00pm Free Pizza Lunch & Trivia</p> <p>1:00pm Spooky Movie</p> <p>Candy for everyone in costume!!</p>	<p>23 Open Till 7:00pm</p> <p>12:00am Art Exploration: • Open Ended Art w/ Rebecca</p> <p>2:30pm Chair Yoga for Mindfulness</p> <p>4:00pm Wii Night & Snacks</p>	<p>24 11:00am Armchair Travels w/ Janeen & Library updates: East Africa!</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>25 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>10-3pm: SOURCES Advocacy •By appointment only</p>
<p>28 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Coffee & Journaling</p> <p>1pm Music with MARK!</p>	<p>29 11:00am Kitchen Skills: • Vegan Peanut Butter Buddha Bowls</p> <p>12:45 Fancy Coffee Group w/ Dara \$2.00 • Pumpkin Spice Latte</p> <p>1:30pm How to budget without going broke w/ Dara</p>	<p>30 12:00am Art Exploration: • Get Creative with Arlee: Fall Craft</p> <p>2:30pm Chair Yoga for Mindfulness</p> <p>4:00pm Special Event with Faith: Medicine Bags</p>	<p>31 11:30am Yarn & Yak (Crocheting/Knitting)</p> <p>3:00pm Music Theory Group w/ Kevin</p>	

Clubhouse is available to MEMBERS ONLY
Referral from a Mental Health Professional is needed to join.
(ie) Maple Ridge Mental Health Centre, Social Worker or Psychiatrist

HOW TO CONNECT

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

A note about Fridays:

Fridays are open for purposeful visits: orientations, 1-1 appointments with staff or if you are joining one of our a small member led programs. No drop in visits on Fridays. Fridays are great for some of our new members that maybe have some anxiety around large groups.

Supported Employment & Volunteering

To learn more about our supported employment program and other work related programs/workshops please connect with Rob:

The Club's SE team works Monday & Friday with occasional additional shifts. See Rob to learn how to join the team.

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah or Laurie:

The Club's Supported Volunteering Position (MEALS ON WHEELS) takes place Fridays. Please ask to be placed on waitlist.

Staff are available to help you look for work/volunteering !

ADDITIONAL RESOURCES:

- Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444
- National Suicide Crisis Hotline: 988
- HealthLink BC: 811
- Community Services: 604-467-6911
- Maple Ridge Mental Health Centre: 604-476-7165
- Maple Ridge Recreation Therapy 604-467-7303
- The Foundry: 604-380-3133
- BCCDC Harm Reduction Info: <https://towardtheheart.com/>

PROGRAMS– please sign up

Social/Recreational:

- NEW: Music Theory Group: for those interested in Music Theory or learning how to read sheet music. Thurs @ 3pm
- NEW! Yarn & Yak– Crocheting and knitting group. All levels welcome! Thursdays @ 11:30
- NEW: Life Skills: Bi-weekly group focusing on building coping skills and increased self-compassion. Tuesdays 1:00pm
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- Monday Morning Walking Group w/ Shayna: Meet in front of ACT Centre: Call to sign up 604-467-7303
- Member Lead Planning Group: For those interested in pursuing a leadership role at the club.
- Art Exploration: Painting, crafting, and mixed media styles. All levels of artists welcome! Weekly group with some member led groups– Craft time with Arlee and Open Ended Art Group w/ Rebecca.

Mental Health/Life skills:

- NEW– Therapeutic Gardening Group: Mondays & Thursdays @ 10:00am Call to sign up and learn more: Lauren OT 604-476-7165, Shayna Rec Therapist 604-467-7303, Laurie Club Facilitator 604-467-0544
- NEW– Substance Use Activity Group. Social & supportive conversation for young adults 19-30 wanting to reduce/eliminate substance use. Please sign up with Mandy 672-771-0014
- Mindfulness Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space
- Chair Yoga for Mindfulness– chair yoga with gentle stretching. Wednesdays @ 2:30pm
- Wellness Journaling: Explore different self discovery journaling styles! Mondays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursdays– Morning or Afternoon
- Kitchen Skills: Learn some basic recipes and build up your confidence in the kitchen! Weekly Group. May have a cost.
- Food Sense: 6 sessions where we learn how to cook healthy food on a budget. Offered annually.
- Your Life & Recovery Journey: explore your wellness, create strategies or plans to help you stay well and pursue the life you want.. Offered in Fall.

Advocacy/Income Assistance/Tenancy & Housing Issues:

- Sources Advocate: for help with Income Assistance, Renter Rights, and Accessing Disability Benefits. Please sign up.