



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: yellow;"> <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</p> </div>		<p>1</p> <p>Club Closed</p> <p>Happy New Year!</p>	<p>2</p> <p>11am About The Garden</p> <ul style="list-style-type: none"> Garden Visit <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>3 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p>
<p>6</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> Call Shayna for more info <p>10:00am Wellness Journaling</p> <p>1pm Music with MARK!</p>	<p>7 Club Closed @ 2:30 for Yoga Participants</p> <p>10:00am Yarn & Yak (Crocheting/ Knitting)</p> <p>11:00am Janeen from the Library:</p> <ul style="list-style-type: none"> Canadian Musicians <p>2:30pm Chair Yoga for Mindfulness</p>	<p>8</p> <p>11:00am Member Meeting- Come share your suggestions and ideas!</p> <p>12:30pm Art Exploration</p> <ul style="list-style-type: none"> New Year Vision Boards 	<p>9</p> <p>11am About The Garden</p> <ul style="list-style-type: none"> Grapevine Wreaths with Paper Flowers <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>10 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>11:00am Meals To Go Prep- come cook up a large meal to freeze for the club</p>
<p>13</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> Call Shayna for more info <p>10:00am Wellness Journaling</p> <p>1pm Music with MARK!</p> <p>1:15 Pickle Ball w/ Shayna! Free! Please contact Shayna to register 604-467-7303 Meet at Rec Centre</p>	<p>14</p> <p>10:00am Morning Smoothies! \$2.00</p> <p>Club Closed @ 11:30</p> <p>Staff Meeting</p>	<p>15 Open until 7:00pm</p> <p>12:30pm Open Ended Art w/ Rebecca</p> <p>2:30pm Chair Yoga for Mindfulness</p> <p>4:00pm Special Event with Faith Summers</p>	<p>16</p> <p>11:00am Member Lead Planning Meeting</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>17 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p> <p>11:00am Your Life and Recovery Journey</p> <ul style="list-style-type: none"> Session 1 <p>1:00pm Homemade Ginger Ale Workshop</p>
<p>20</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> Call Shayna for more info <p>10:00am Wellness Journaling</p> <p>1pm Music with MARK!</p>	<p>21 Club Closed @ 2:30 for Tai Chi Participants</p> <p>10:00am Yarn & Yak (Crocheting/ Knitting)</p> <p>12:30pm Kitchen Skills: \$2.00</p> <ul style="list-style-type: none"> Easy Bagels! <p>2:30pm Intro to Tai Chi</p>	<p>22</p> <p>12:30pm Soap Making w/ Tatyana</p> <p>2:30pm Chair Yoga for Mindfulness</p>	<p>23</p> <p>11am About The Garden</p> <ul style="list-style-type: none"> Garden Visit <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>24 No Drop-In Visits- Appointments or group activity only</p> <p>11:00am Your Life and Recovery Journey</p> <ul style="list-style-type: none"> Session 2
<p>27</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> Call Shayna for more info <p>10:00am Wellness Journaling</p> <p>1:00pm Chicken Soup for the Soul Reading w/ Ammie</p> <p>2:00pm Art Therapy w/ Charlotte</p>	<p>28 Club Closed @ 2:30 for Yoga Participants</p> <p>10:00am Yarn & Yak (Crocheting/ Knitting)</p> <p>11:00am Kitchen Skills: \$3.00</p> <ul style="list-style-type: none"> Easy Spring Rolls for Chinese New Year! <p>2:30pm Chair Yoga for Mindfulness</p>	<p>29 Open until 7:00pm</p> <p>12:30pm Get Creative w/ Arlee</p> <p>2:30pm Chair Yoga for Mindfulness</p> <p>4:00pm Pitch-In Kitchen! \$7.50</p> <ul style="list-style-type: none"> Spaghetti & Meatballs w/ Caesar Salad and garlic bread. 	<p>30</p> <p>11am About The Garden</p> <ul style="list-style-type: none"> Planning Session for February <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>31 No Drop-In Visits- Appointments or group activity only</p> <p>10-3pm Sources Advocacy</p> <ul style="list-style-type: none"> By Appointment Only <p>11:00am Your Life and Recovery Journey</p> <ul style="list-style-type: none"> Session 3

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.

Staff are available to help you look for work/volunteering!
Please reach out :)

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!
- NEW: About The Garden: Join Jo-Lynn and Susanne for a weekly group that is ALL ABOUT GARDENING! Some groups to take place at our Community Garden.
- 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 group

Mental Health/Life skills:

- NEW: Monthly event with Faith Summers! Faith is a certified Earth Medicine Practitioner that offers culture based activities such as dream catchers, medicine pouches, healing circles. Everyone is welcome! Please sign up.
- NEW: Art Therapy w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- NEW: Your Life & Recovery Journey: 4 Sessions to work on your recovery– finding your way in life and living the life you want. Fridays– starting January 17th.
- Mindfulness Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space
- Chair Yoga for Mindfulness & Intro to Tai Chi– gentle stretching groups– all levels welcome. Tuesdays @ 2:30pm. **Please note Club space will be open only for participants Tuesdays 2:30-3:30.**
- Wellness Journaling: Explore different self discovery journaling styles! Mondays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursdays @ 2:00pm
- 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.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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