



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>3 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Wellness Journaling</p> <p>1:00pm Music with MARK!</p>	<p>4 Club Closed @ 3:00 for Yoga Participants</p> <p>11:00am Janeen from the Library • Ireland Armchair Travel 3:00pm Chair Yoga for Mindfulness</p>	<p>5 11:00am Member Meeting- Come share your suggestions and ideas!</p> <p>1:00pm Wednesday Walking Group</p>	<p>6 10:30am Meals to Go Prep for Clubhouse • Mac & Cheese</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>7 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 Men's Peer Support Group</p>
<p>10 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Wellness Journaling</p> <p>11:00am Self Care Group: • Coping Skills for Anxiety & Depression- Discussion</p> <p>1:00pm Music with MARK!</p>	<p>11 Club Closed @ 3:00 for Tai Chi Participants</p> <p>11:00am Yarn & Yak (Crocheting/ Knitting) 12:00pm Kitchen Skills: \$3.00 • Easy Cottage Cheese Flatbread- Veggie sandwiches 3:00pm Intro to Tai Chi</p>	<p>12 Open until 7:00pm</p> <p>12:30pm Open Ended Art w/ Rebecca</p> <p>1:00pm Wednesday Walking Group</p> <p>4:00pm Movie & Popcorn</p>	<p>13 11am About The Garden • Irish Door Hangers</p> <p>2pm Mindful Meditation Group</p>	<p>14 No Drop-In Visits- Appointments or group activity only</p> <p>9:30-4:00 New Member Orientations & 1-1 Appointments</p>
<p>17 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Wellness Journaling</p> <p>1:00pm Music with MARK!</p>	<p>18 Club Closed @ 3:00 for Yoga Participants</p> <p>11:00am Yarn & Yak (Crocheting/ Knitting) 12:00pm Kitchen Skills: \$3.00 • Homemade Butter w/ Biscuits 3:00pm Chair Yoga for Mindfulness</p>	<p>19 12:30pm Art Exploration • Polymer Clay Jewelry & Key Chains</p> <p>1:00pm Wednesday Walking Group</p>	<p>20 11am About The Garden • Garden Visit</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group w/ Kevin</p>	<p>21 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 Men's Peer Support Group</p>
<p>24 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Wellness Journaling</p> <p>11:00am Self-Care Group: • Mindfulness walk @ Kanaka Creek</p> <p>1:00pm Chicken Soup for the Soul Reading w/ Ammie</p> <p>2:00pm Art Therapy w/ Charlotte</p>	<p>25 Club Closed @ 3:00 for Tai Chi Participants</p> <p>11:00am Yarn & Yak (Crocheting/ Knitting) 12:00pm Kitchen Skills: \$2.00 • Apple Hand Pie for One 3:00pm Intro to Tai Chi</p>	<p>26 Open until 7:00pm</p> <p>12:30pm Get Creative w/ Arlee • Make a Sock Monkey!</p> <p>1:00pm Wednesday Walking Group</p> <p>4:00pm Karaoke & Nachos \$3.00 • Special Guest Alexandria 4:30-6:30</p>	<p>27 11:00am Member Lead Planning Meeting</p> <p>12:00pm Homemade Ginder Ale</p> <p>2pm Mindful Meditation Group</p>	<p>28 No Drop-In Visits- Appointments or group activity only</p> <p>10-3pm Sources Advocacy • By Appointment Only</p>

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 Jim:

The Club's SE team works Monday & Friday with occasional additional shifts. See Jim 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: KARAOKE EVENING– Join us for a Karaoke night every month lead by professional singer Alexandria.
- NEW: Wednesday Walking Group. Meet at club for a local walkabout. Rain or shine :)
- 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: Art Therapy w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- NEW: Self-Care Group: Bi-weekly- group discussions or activities around self-care, self-compassion and personal wellness.
- NEW! Men's peer support group. A welcoming group for relationship building, socialization and discussion. Bi-Weekly.
- 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.