

Cheamview Clubhouse

November 2023 Program Calendar

Clubhouse Hours

Monday to Friday

9am - 4pm

Closed

Nov. 13th and 29th

8916 Mary Street
Chilliwack, BC
V2P4J4

www.creativecentresociety.org

How to connect with us virtually

Call: 604-792-5287

Text: 604-302-3759

Facebook: www.facebook.com/cheamview

Email: Dave - daveherie.ccs@gmail.com

Shelley - shelleyduncan.ccs@gmail.com

Jordan - jordanb.ccs@gmail.com

Funding provided by:



Creative Centre Society For Mental Wellness



Cheamview Program Schedule November 2023

MONDAYS (Except Nov 13th)

10 am - Member Meeting (Clubhouse Sign up except Nov 6th +13th)
11am - Craft Social (Clubhouse except Nov 6th +13th) - Sign up Required
1:30pm-2:30pm - Music Therapy at Cedar Ridge - (Closed Group)
1pm- Meet-up w Doug & Adria (Cottonwood Save-on-Foods)
2pm- Employment connections (Virtual - Facebook)

TUESDAYS

10am - 11:00am- Clubhouse at Willow Manor (Closed Group)
11:30am - 1:30pm- Board and Card Games (Clubhouse)
2pm - Employment Connections (Virtual - Facebook)
2pm to 3pm - Heavy Metal Therapy at Hospital IPU (Closed Group)

THURSDAYS

10:30am - Mindfulness (Virtual - Facebook)
11am - Community Desensitization and Integration (Sign up, closed group except Nov 9)
1pm - 2:30pm - Young Adults (See young adults schedule on page 4)
2pm - Employment Connections (Virtual - Facebook)

FRIDAYS

10 - 11am - Heavy Metal Therapy at Hospital IPU (Closed Group)
11am - Teaching kitchen (Sign up by Thursday at 2 for in-person)
1pm - 2pm - Live, Laugh, Learn (Closed Group. Varied In-Person Locations)

WEDNESDAYS

Dropin

11am - 2pm (except Nov 15 & 29)

Come drop by for a coffee, snack or to play a game. No need to let us know you are coming, just come say "Hi".

November Events

Nov 8 - Fire and weiner roast at Thompson Park. Leaving the Clubhouse at 11am. Sign up by the 7th at 3pm.

Nov 15 - Hike up Teapot Hill. Leaving the Clubhouse at 1pm. Back by 3:30pm.

Nov 22 - 1pm- Bowling at Chillibowl. Come do some 5 pin bowling with us. We will be leaving the clubhouse at 12:45p (Sign up)

Young Adults Program

Groups activities happen at Cheamview, in the community or virtually on Fridays.

This program is specifically for members 19 - 30 years of age.

If you have any questions please call 604-792-7803, text 604-792-7803 or email

Daveherie.ccs@gamil.com

All Cheamview staff member are also available for one-on-one support by appointment.

Nov 2nd 1pm-3pm: Netflix Movie and Popcorn

Choose and watch a movie together downstairs at the clubhouse. Popcorn provided!

Nov 9th 1pm-2:30pm: Lunch and Learn with the EPI Program

Cook and share a meal, company, and discussion about topics important to Young Adults. Meet at the Clubhouse

Nov 16th 1pm-3pm: Pizza and Board Games

Hang out and play some games together - Games provided by the Clubhouse or bring your own. Pizza provided.

November 23rd 1pm-2:30pm: Coffee Connect

Meet at the Smoking Gun coffee shop to hang out in the pleasant part of Downtown Chilliwack. Drinks are on us.

November 30th 5:30pm-8pm: Out for Dinner in Abbotsford

Meet at the Clubhouse by 5:30pm to take a field trip to Dragon Fort restaurant in Abbotsford and share a meal with Abby YA clubhouse members.

Remember to let us know

You're coming! Phone,

text, or message us on

Facebook ahead of time

so we know to expect

you!



Cheamview Social/Recreational

Craft Social - Mondays from 11am to 12pm Lets do craft and chat at the clubhouse. Open to everyone but please sign-up before 3pm the previous friday.

Community Meet-up with Doug and Adria - Mondays at 1pm This group is a safe and inclusive chance to get out of the house and meet new people. Please call Doug in advance to sign up so they know how many people to expect!
604-316-7499

Clubhouse at Willow Manor Tuesdays 10am - 11:00am Clubhouse staff will be running a variety of programs at Willow Manor. The group is open to residents of Willow Manor.

Board and Card Games - Tuesdays 11:30 - 1:30pm Join Dave to play some card or board games at the clubhouse. Bring your own to show the group, or play one of the many options at the Clubhouse.

Wednesday Drop-in Coffee Social - 11am - 2pm Come on by the clubhouse to play a game, have a snack or a drink. Maybe you'll meet some new people or see some familiar faces.

Live, Laugh, Learn - Friday 1pm - 2pm Social, recreational, and educational gatherings weekly with different topics and activities. There is a waitlist and space is limited. Call Dave for more information.

Cheamview Mental Health / Life Skills

Member Meeting - Monday 10am - 11am This is an opportunity for all members to come and share their ideas of what programs and outings they would like to see happen in the coming months. We value your input and would like to develop and deliver programming that you feel would be a benefit to you.

Cedar Ridge - Mondays 1:30pm - 2:30pm This music therapy group is only for people at Cedar Ridge. Dave explores the power of music to get in touch with and talk about our emotions.

Heavy Metal Therapy - Tuesdays from 2pm to 3pm Takes place at the hospital IPU for patients in that ward. Jordan explores the power of music to get in touch with and talk about our emotions.

Teaching Kitchen Fridays at 11am Watch on Facebook LIVE or come experience it in person. Limited space is available for in-person participation. Please call the clubhouse by noon on wednesday if you wish to participate. Bring your own container to take food home.

Mindfulness Meditation Thursdays at 10:30am Join us virtually for specialized topics on facebook. If you have a specific topic you want to explore, please let us know and we'll find a related meditation to share.

Community Integration and Desensitization - Thursday 11 am to 12:30 pm Come join Jordan And Karisa (the Community OT) as we work on exposing ourselves to a variety of stressors, in a safe and supportive way. This will be a good introduction to exposure therapy for individuals with mild to moderate anxiety. This is a 4-week program and interested participants should participate weekly. (sign up is required, closed group)

Young Adults Thursdays all day One-on-one support available by appointment all day. Contact Dave. If you are interested in participation in any of the recreation events with other young adults see page 3 for details.

Cheamview Pre-Employment

Employment Connections - Find new local job opportunities on our Facebook group daily at 2pm. Connect with clubhouse staff through Facebook, phone or make an in-person 1-on-1 appointment for support applying, or with any other other pre employment support.

TVP Program - Are you already volunteering, or interested in getting started? The TVP program can help offset the costs and get you a little money for your time. Contact Dave for more details.

General Employment Support - Every day during regular business hours. Clubhouse staff can help with: Resumes, Cover Letters, Online Job Applications, Job Search, Interviews, and help you feel more employment ready in general. Even if you are just thinking about work, we would gladly help you. Call staff to set up a 1-on-1 appointment.

Cheamview Resources

Naloxone: Please connect with us if you are interested in Naloxone training or are in need of a Naloxone kit.

Supplies available at the Clubhouse: Naloxone Kits, Feminine Hygiene (including pads, tampons, liners), Handsoap

One-on-One Computer Support or Usage: Please contact the Clubhouse to schedule one-on-one computer support or to use one of our computers for job/housing search or personal connections/interest.

Community Advocate: A community advocate from Sources will be at the Clubhouse on the last Thursday of every month to support you with: Disability, Pension, Tenancy and Housing, and other types of income. Please connect with the clubhouse staff to book a meeting time. Appointments can be made for anytime between 9:30am and 3pm.

Pre employment services: Staff are available for 1-on-1 pre employment support every day during regular hours. Connect with staff to schedule a time to: build a resume, create an indeed account, learn about other employment resources, or support with applying for school.

Other Mental health services

Groups offered at the at the Chilliwack Mental Health Centre: All of the following groups are open to the public. You can contact the Mental Health Centre to enquire about groups and for more information.

- **Rapid Access Group (RAG)** : A 4-week entry level group focused on introducing topics like anxiety, depression, mindfulness, and interpersonal skills
- **Depression Group:** This group is an 8 - 10 week CBT workshop.
- **Anxiety Group:** This group is a 8 - 10 week mindfulness and CBT workshop.
- **Eating Disorders Program:** If you are dealing with anorexia nervosa, bulimia nervosa or avoidant/restrictive food intake disorder.
- **DBT (Dialectical Behaviour Therapy):** If you have a Borderline Personality Disorder diagnosis you can join this group.

Groups offered in the community

- **Hearing Voices:** This group is offered by communitas and is a peer support group. More information is available at <https://peersupportcsc.com/service/hearing-voices/#how-to-join>.