

Cheamview Clubhouse

March 2023 Program Calendar

**8916 Mary Street
Chilliwack, BC
V2P4J4**

www.creativecentresociety.org

Clubhouse Hours

Monday to Friday
9am - 4pm
Closed March 9th and
30th.

**Masks are required
inside the
Clubhouse!**

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



Creative Centre Society For Mental Wellness

Funding provided by:



Cheamview Program Schedule March 2023

Mondays

11am-12pm - Craft Social (Clubhouse - Sign up Required)
1:30-2:30pm - Music Therapy at cedar Ridge - (Closed Group)
1:30pm-3:00pm - DBT Group (clubhouse, CLOSED GROUP)
2pm- Coffee with Doug and Adria (Cottonwood Mall Food Court)

Tuesdays

11am - Baking (Virtual/Clubhouse sign up required for in-person)
12pm-1pm - Work Talk at The Village (Closed Group at The Village Housing)
2pm - Employment Connections (Facebook)
2pm to 3pm - Heavy Metal Therapy (Closed Group - at Hospital IPU)

Wednesday

10:00am - Naloxone Training (Facebook)
12pm - Exploring Diversity (Facebook)
1 - 2:30pm - Wednesday Drop-in (Clubhouse)
1 - 2:30pm - Wednesday March 8th MEMBER MEETING (Clubhouse)
1 - 2:30pm - Drop in Painting group (Clubhouse)

Thursday (except March 9th and 30th Clubhouse Closed)

10:30am - Mindfulness (Facebook)
1pm - 2pm - Live, Laugh, Learn (Closed Group. Varied In-Person Locations)
1:30 - 3pm DBT group (Clubhouse, CLOSED GROUP)

Friday

11am - Teaching Kitchen (Facebook and Clubhouse - Please sign up for in-person participation)
1pm March 24th Bowling at Chilli Bowl lanes. Look at page 2 for details.
2pm - Young Adults Event - See Page 7 for details
2pm - Creative Writing With Kaleb (Clubhouse and zoom)

Cheamview Social/Recreational

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

Coffee with Doug and Adria - Mondays at 2pm 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

Music Therapy at Cedar Ridge - 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.

Wednesday Drop-in - 1pm to 2:30pm Come by the clubhouse to visit and chat with other members. It is a good way to reconnect with familiar people or to meet new friends.

Wednesday Drop-in Art - 1pm to 2:30pm Come by the clubhouse and join in. We will be following along with an online painting instructor to stretch our creative abilities.

Live, Laugh, Learn - Thursdays from 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.

Bowling at Chilli Bowl lanes 1pm March 24 Please sign up to attend as spaces are limited. We will be leaving the clubhouse at 12:45. If you are able to find your own way to the bowling alley we will meet you there, but please sign up.

Member Meeting March 8th 1 - 2:30pm We will be having an in-person member meeting at the clubhouse. Remember that this is an opportunity to have input into the programs that happen at the clubhouse, to ask questions and to connect with other members.

Cheamview Mental Health / Life Skills

Baking Tuesdays from 11am to 12 pm Join Shelley Tuesdays in-person or online. Learn to bake bread, buns, cookies, cakes and much more from scratch. Please sign up to attend in-person as space is limited.

Mindfulness Meditation Thursdays at 10:30am (except March 9th and 30th) 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.

Exploring Diversity Wednesdays at 12pm Join our Facebook members community to discover resources, information, and conversation topics about diversity within Chilliwack and Mental Health.

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 if you would like to sign up to be a guest host.

Goal setting Workshop Fridays from 1pm to 2pm This program is designed to help you explore how to create goals that align with your values. Please sign up so we can make sure we have enough materials for everyone.

Young Adults Fridays all day One-on-one support available by appointment all day. Contact dave. See the Young Adults page for events and details.

Creative Writing with Kaleb 2pm Join Kaleb online or in person. There will be a combination of reading existing stories/poems to get the creative juices flowing and writing your own story/poem. Please sign up so we can make sure you get the Zoom invite.

DBT Group Mondays and Thursdays 1:30 - 3pm we are providing space for a DBT group which is being run by CHYH. This is a closed group for people who have been referred to participate.

Cheamview Pre-Employment

Employment connections - New local job offers on our Facebook group every day at 2pm. Connect with clubhouse staff through Facebook, phone or make an in person 1-on-1 appointment for support applying, or with any questions.

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 more. Call staff to set up a 1-on-1 appointment.

Cheamview Resources

Friday FREE “To Go” Lunch - Pickup Fridays at 1pm: Sign up each week Before 3pm on Thursday to pick up a free lunch on Friday.

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.

Young Adults Program

Groups activities happen at Cheamview, in the community or virtually on Fridays. This program is for members 19 - 30 years of age.

If you have any questions please contact Dave.

Call or text 604-792-7803 or email Daveherie.ccs@gamil.com

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

Remember to let us know

You're coming! Phone, text, or message us on Facebook ahead of time so we know to expect you!

March 3rd:

Visit the Cultural Center / Art Gallery

1:00pm-2:30pm

Meet at the Clubhouse then go check out some art and learn about live shows happening in town over the next few months

March 17th:

Outdoor Walk Rain or Shine.

1:00pm - 2:30pm

Meet at the clubhouse dressed for the weather as we will be going for a walk in the area. Hot drinks will be available once we get back to the clubhouse.

March 23rd:

Bowling in Abbotsford with Abby and Mission Clubhouses

Meet at Cheamview Clubhouse at 5:15pm
back at 8pm

Sign up by March 22nd

March 10th:

EPI Young Adults
1:00pm - 2:30pm
Bowling at Chilliwack Bowl lanes.

March 24th:

EPI Young Adults
1:00pm - 2:30pm
Dog walking at the Chilliwack CARE centre on Wolfe rd.