

Cheamview Clubhouse

April 2024 Program Calendar

Clubhouse Hours

Monday to Friday

9am - 4pm

Closed April 1st, 5th.

8916 Mary Street
Chilliwack, BC
V2P4J4

www.creativecentresociety.org

How to Connect With Us Virtually

Call: 604-792-5287

Text: 604-302-3759

Facebook: <https://www.facebook.com/Cheamview>

Email: Dave - daveherie.ccs@gmail.com

Shelley - shelleyduncan.ccs@gmail.com

Jordan - jordanb.ccs@gmail.com

Funding provided by:



CHEAMVIEW PROGRAM SCHEDULE April 2024

Mondays

11am - Craft Social at the clubhouse
11:30 - 12:30 Music Therapy at Cedar Ridge (Closed Group)
1pm - Coffee with Doug and Adria in the community at Cottonwood Save-on-Foods

Tuesdays

11:30am - 12:30pm- Local walking group at the clubhouse
1-2pm - Baking at the clubhouse (Sign up by Monday at 12pm)
2 pm - Music Therapy at the IPU (closed group)

Thursdays

11am - Mindfulness at the clubhouse (Sign up by Wednesday 2pm)
12pm - Music Therapy at the clubhouse (In-Person)
1pm - 2:30pm - Young Adults (Schedule on page 3)

Fridays

10am - 11pm - Walk at the river (sign up by Thursday at 12pm)
11am - Teaching Kitchen at the clubhouse (Sign up by Thursday at 12pm)
1pm - 2pm - Live, Laugh, Learn (Closed Group. Varied In-Person Locations)

Wednesday Program in Hope
See page 4 for details

WEDNESDAYS Drop In

1pm - 3pm

Come in for a coffee and say "Hi".

April Outings

April 19th 1pm - Trip to the driving range
Come with us to the driving range and whack a few balls. We have a few sets of clubs, so do not worry about needing your own. Sign up between Apr 11 and 18th.

April 24th: 11am - Campfire at McDonald Park. Chilliwack and Hope combined outing
Sign up between 17h and the 23rd. Come with us and enjoy a fire and the outdoors. There will be wieners to roast. Be prepared to have a good time.

Young Adults Programs

Group activities happen at Cheamview, in the community or virtually .

This program is specifically 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@gmail.com

All Cheamview staff members 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're
expecting you!

April 4th

1pm-2:00pm - Meet downtown for coffee

Get together for warm drinks at Smoking Gun coffee roasters. Meet at the cafe at 1pm

April 11

1pm-2:30pm EPI Lunch and Learn

Join us for lunch and a discussion about a mental health topic. The topic is yet to be confirmed but they are always interesting.

April 18

1pm-2:30pm Bocce Ball at Gwynne Vaughan Park

Meet at The Clubhouse at 12:45pm if you need a ride, or meet at the park at 1pm

April 25

3:15pm-5:45pm Escape Room in Abbotsford with Abbotsford and Mission Clubhouses

Team up with other young adult members from Abby and Mission clubhouses to solve puzzles and escape the story-driven rooms as fast as possible together. Leave the Clubhouse at 3:15pm. Back at the Clubhouse by 5:45pm.





Wednesday Programs in Hope

Please remember to sign up by 2pm on the preceding Tuesday

PROGRAMS HAPPENING EVERY WEDNESDAY

Meet at the rec centre at 10 - 11 am (Except the 17th and 24th) -

Join us and do something physical. There are bikes, weights, you could swim, or more.

Coffee at McDonalds 11:15 - 11:45 (Except the 17th and 24th) -

Come join us for a coffee and a chat.

Arts and Crafts 12:30 - 1:30 pm (Except the 17th and 24th) - Come and nurture your creative side while connecting with others.

SPECIAL EVENTS AND OUTINGS

Mindfulness at the church April 3rd 1:45 - 2:45 - Join us at the church for a guided meditation and a discussion about mindfulness.

Music therapy at the church April 10th 1:45 - 2:45 - Join us as we listen to music and talk about the therapeutic benefits music can have on our mental health.

APRIL 24Th - Outing to McDonald Park leaving hope at 10:15am - Come with us to McDonald Park for a fire. We will be stopping in Chilliwack to pick up other members. Maybe you will see some new people or reconnect with old friends.

Cheamview Social / Recreational

Craft Social - Mondays from 11am to 12pm Let's do crafts and chat at the clubhouse. Open to everyone, no sign-up required.

Local Walking Group 11:30am - 12:30pm Meet at the Clubhouse to take a walk around the neighborhood nearby. Get some exercise, fresh air, and a little conversation along the way

Wednesday Drop-in Coffee Social - 1pm - 3pm 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.

Walk at the River - 9:30am - 11am Join us for a walk at the Vedder or Fraser River. This is a great opportunity to get out of the house and into nature.

Live, Laugh, Learn - Friday 1pm - 2pm Social, recreational, and educational gatherings weekly with different topics and activities. Program is now full. Contact Dave to be placed on a waitlist.

Cheamview Mental Health / Life Skills

Baking at the Clubhouse - Tuesdays 1 - 2pm Come learn some baking skills with Shelley. You will bake some treats that you can take home with you.

Mindfulness at the Clubhouse - Thursdays 11am - 12pm come learn about and practice mindfulness. We will be doing mindfulness meditations and breathing exercises. Please remember to sign up.

Music Therapy at the Clubhouse - Thursday 12pm Come listen to some music and discover how music is able to help you work through your emotions, or just come and listen to music and be around other people IRL.

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.

Teaching Kitchen - Fridays at 11am If you would like to participate in this in-person program please sign up by 2pm on the preceding Thursday. This is a great opportunity to learn basic kitchen skills and enjoy some food.

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 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.

Let's get to work - Tuesdays 11:30am - 12:30pm Join Dave at the Clubhouse to take steps towards your employment goals. In-Person help with resumes, job hunting, community resources, computer skills, cover letters, and online job applications, all available during these hours each week.

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), Hand soap

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.

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 re-

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.