

Cheamview Clubhouse

2024 July Program Calendar

Clubhouse Hours

Monday to Friday

9am - 4pm

Closed July 1st

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 JULY 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
 2 pm - Music Therapy at the IPU (closed group)

Wednesday

1 - 3pm - Wellness Education Discussion Group (Sign Up by Noon on Tuesday)

Thursdays

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

Fridays

9:45am - Pickleball at Kinsman Park (sign up by 11am Thursday)
 11am - Teaching Kitchen at the clubhouse (July 5th and 19th, Sign up by Thursday at 1pm)
 12pm - RPG Miniature Painting at the clubhouse. (Sign Up by 12 pm Thursday)

July outings and Special events.

July 9th: 10am Teapot Hill Hike- Join us for a hike. We will provide some snacks and drinks. We will be leaving the clubhouse at 10am and will return by 3pm at the latest, so there is plenty of time to do the hike. Please sign up by July 5th at 12pm.

Tuesday July 26th: 10am - Quadricycle trip at Harrison Hot Springs- Do you want to feel like you are living in a time before the internal combustion engine was invented? Join us for a fun day biking around Harrison Village. Sign up by noon on the 23rd. Bring a lunch or cash for food and water. We will take care of the bike rental.

July 31st 11 am - 12 pm - Rhythm Riot with Rhonda - We have a special guest coming to do a drum circle. Members will have the option to use variety of hand drums. This is a fun, low impact activity and we have lots of spaces available. Drumming is shown to decrease anxiety and help with connecting to others. No experience necessary. Please sign up by the 24th.

Young Adults Programs

This program is for members 19 - 30 years of age

July 4th

1pm - 3pm

Pizza and board games

Come enjoy some pizza and play a fun game with some other people.

July 11th

1-2:30pm

Lunch and learn with EPI

Come make lunch and learn some mental health recovery information. Or, you can zone out and eat some food.

July 18th

7:30pm - 8:30pm

Live music

Meet us at Bricklayer Brewing for some live music and hanging with other young adults. Let us know you are coming, or if you need a ride.

July 25th

11:30 - 4:30

Trip to White rock With Abbyhouse

Come with us to White Rock for a walk on the beach, or check out the shops. We will be meeting Abbyhouse there. Sign up by 4pm on July 21st.



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 Tuesdays 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.

Pickleball at Kinsman Park - Friday 9:45am Join us for some pickleball. This is open to people with varying experience and skill levels. You do not even need to know how to play to participate. Please sign up by 11am on the preceding the preceding Thursday.

RPG Miniature Painting - Friday 12pm Come paint some miniatures with us. We have all the supplies, but you can bring your own if you want to share or have something you would like to keep working on. Please sign up by noon on Thursday.

Cheamview Mental Health / Life Skills

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.

Wellness Education Discussion Group - Wednesday 1-3pm Join us at the clubhouse for a weekly wellness discussion. Weekly topics will include understanding personal values, developing boundaries, sleep hygiene, wellness tools and more. If you would like to participate please sign up by 12pm on the preceding Tuesday.

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.

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.