

# Cheamview Clubhouse

## October 2024 Program Calendar

### Clubhouse Hours

Monday to Friday

9am - 4pm

Closed Oct 14th

8916 Mary Street  
Chilliwack, BC  
V2P4J4

[www.creativecentresociety.org](http://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 OCTOBER 2024

## Mondays Except the 14th

11am - Craft Social at the clubhouse  
 11:30 - 12:30 Mental Health discussion at Cedar Ridge  
 (Closed Group)  
 1pm - Mental Health Support Group (Virtual - Sign up by  
 12pm Friday)

## Tuesdays

1 - 2pm - Live Laugh Learn (Closed Group)  
 2 pm - Music Therapy at the IPU (closed group)

## Wednesdays except the 23rd

1 - 3pm - Goal Setting (sign up by 12pm Tuesday)

## Thursdays

11am - Mindfulness at the clubhouse (Sign up by Wednes-  
 day 12pm)  
 1pm - Clubhouse at First Ave - Except Oct 10th (Closed  
 Group)  
 Various Times - Young Adults (Schedule on page 3)

## Fridays

11am - Teaching Kitchen at the clubhouse (sign up by 2pm  
 Thursday)  
 12pm - Rockhounding at the Fraser River - except Oct 11th  
 (Sign up by 12pm Thursday)  
 1 pm - Finding Connections ( Virtual - Sign up by 12pm  
 Thursday)

## October outings and Special events.

**October 25th - Trip to the Pumpkin Patch and Pumpkin Carving at the Clubhouse - 12:30pm** - Join Shelley for a trip to the pumpkin patch. We will provide transportation and buy you a pumpkin. We will then drive back to the clubhouse to carve them.

**October 30th - Bowling at Chillibowl Lanes - 1pm** - Come bowling with us. We will pay for the bowling. Remember to bring extra cash if you want snacks or a drink.



# Young Adults Programs

Group activities happen at the Clubhouse and in the community. This program is designed for those between the ages of 19-30. You will have the opportunity to learn and develop practical and social skills, build independence and confidence while connecting with other young adults that experience mental health barriers. It generally runs Thursdays, from 1-3pm, but times can vary. If you have any questions please contact Dave, his contact information can be found on the calendar cover page.

**October 3rd**

**1 - 2:30 pm**

**Hang out and talk about work**

Come for snacks and drinks, stay to chat about employment. Are you working now? Do you want to? What's holding you back? Let's talk together!

**October 10th**

**1pm - 2:30pm**

**Trip to Petey's Pumpkin Patch with EPI program**

Check out the pumpkin patch! Hang out with people! Get some fresh air and maybe choose a pumpkin?

**October 17th**

**1pm - 2:30pm**

**Spooky Board Game**

Race against other investigators in a gothic town setting to see who can get geared up, find out where the Monster is hiding, and take it down first!

**October 24th**

**1pm - 2:30pm**

**Pumpkin Carving**

If you picked a pumpkin at Petey's you can carve it today! Otherwise, one will be provided for you! This will be messy.

**October 31st**

**1:15pm - 5:45pm**

**Halloween Party at Abbotsford Clubhouse**

Leave Chilliwack Clubhouse at 1:15pm. Share Halloween treats, music, and activities with Abby House members in Abbotsford.



# 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.

**Rockhounding with Matt and Jordan - Fridays 12pm** If you have ever wanted to get into rockhounding, or rock collecting, now is your chance to get out there and find some nice rocks. Or, if you just feel like getting out into nature and not looking for rocks, you can do that too. If you are interested, sign up by 12pm on the preceding Thursday.

# Cheamview Mental Health / Life Skills

**Mental Health Support Group - Mondays 12:30** Join Jordan online each week to discuss a different mental health related topic. Topics we will cover include: sleep hygiene, isolation, identifying personal values, setting healthy boundaries and more. If you are interested please sign up by 12pm on the preceding Friday so we can make sure you get the link.

**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.

**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.

**Finding Connections - Fridays 1pm** Feeling isolated? There are many ways to get connected to your peers and community. Start your journey here. This is a virtual program, please sign up by 12pm on Thursday so we can email you a link.

# 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-

# COMMUNITY MENTAL HEALTH SERVICES

**Groups offered at the Chilliwack Mental Health Centre:** All of the following groups are open to the public. 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.