

Cheamview Clubhouse

December 2024 Program Calendar

Clubhouse Hours

Monday to Friday

9am - 4pm

Closed Dec 25, 26

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:



Creative Centre Society For Mental Wellness



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CHEAMVIEW PROGRAM SCHEDULE December 2024

Mondays

11am - Craft Social at the clubhouse (Dec 2nd Christmas Decorations)

11:30 - 12:30 TVP @ Cedar Ridge (Closed Group)

1pm - Time Management Discussion Online (Sign up by 2pm Friday)

Tuesdays

1 - 2pm - Live Laugh Learn (Closed Group)

2 pm - Music Therapy at the IPU (closed group, No program Nov 26th)

2:30pm - Creative Writing Online (sign up by 3pm Monday)

Wednesdays (Except for the 25th)

12pm-3pm December Drop-in

Thursdays (Except for the 26th)

11am - Mindfulness at the clubhouse and Virtual (Sign up by Wednesday 12pm, no program on the 19th)

1pm - Mental Health Support Group - Virtual (Sign up by 12pm Wednesday)

Various Times - Young Adults (Schedule on page 3)

Fridays (Except for the 20th)

11am - Teaching Kitchen at the Clubhouse (no program Dec 6th, Sign up by 2pm Thursday)

1pm - Tabletop Games at the Clubhouse (Starts Dec 13th, Sign up by 2pm Thursday.)

2pm - Shooting Pool at Chillibowl Lanes (sign up 2pm Thursday)

December outings and Special events.

December 6th - Christmas Gift Expo 1 pm - Come with us to the Christmas Gift Expo at Heritage Park. We will Pay for your admission. Come for the experience, but if you have some last minute gifts you would like to buy you can do that too. Sign up by Wednesday the 4th at 2pm.

December 19th - Cookie Decorating 1pm - Come decorate some festive. We will have all of the supplies here so you won't need to bring anything. Please sign up by 2pm on the 16th.

December 20th - Pre-Holiday Drop-in 12pm - Come for some cookie decorating and a hot beverages.



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.

December 5th

3 - 5PM

Ice Skating at Chilliwack Coliseum

Meet at the Clubhouse at 3pm and take the Van to Chilliwack Coliseum for the Toonie Public Skate. Clubhouse will pay for admission and skate rentals. Sign up by December 2nd at 2pm.

December 12th

4 - 7 pm

Lights By the Lake with EPI

Meet at the clubhouse at 4pm and drive out to Harrison lake for some hot chocolate and a walk around the lake for their Christmas event. Back at the Clubhouse by 7pm .

December 19th

1 - 2 pm

Holiday Cookie Decorating

Come decorate (and eat) some holiday cookies!

December 26th

Closed for Boxing Day.



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.

December Drop-in - Wednesdays: 12pm-3pm - Come hang out with warm drinks and company during a dark and rainy season.

Table Top Games - Fridays: 1pm - Join Jordan for some tabletop or board games. We have a nice selection available. If you are interested please sign up by 2pm Thursday so we can make sure we have a game available to accommodate everyone.

Shooting Pool at Chillibowl Lanes - Fridays : 2pm - Join Dave for some pool at the local pool hall. You can choose to meet him there (Chillibowl Lanes), or meet at the clubhouse. Just let us know what you would like to do when you sign up before Thursday at 2pm.

Cheamview Mental Health / Life Skills

Time Management - Mondays 1pm online - Do you have a hard time keeping all your ducks in a row? Are you constantly late for all of the appointments you booked? Are going to forget that you wanted to do this program? Then this online program is for you. We will talk about time management and a specific time management strategy each week. If you would like to attend, please sign up by Friday at the end of the day so we can email out a Zoom link on Monday.

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

Mental Health Support Group - Thursdays 1pm 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 Wednesday so we can make sure you get the link.

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 resources, or support with applying for school.