

Cheamview Clubhouse

January 2025 Program Calendar

Clubhouse Hours

Monday to Friday

9am - 4pm

Closed Jan 1st and
31st

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 January 2025

Mondays

11am - Craft Social at the clubhouse
 11:30 - Activities at Cedar Ridge (Closed Group)
 1pm - Wellness Through Leisure at the Clubhouse (Closed Group, Starts Jan 27th, Sign up by Jan 20th)

Tuesdays

1 - 2pm - Live Laugh Learn (Closed Group)
 2 pm - Music Therapy at the IPU (closed group, No program Jan 21st)
 2:30pm - Creative Writing Online (Sign up by 3pm Monday)

Wednesdays (Closed January 1st)

2pm - Shooting Pool at Chillibowl Lanes (Sign Up by 2pm Tuesday)
 1:30pm - Recovery Conversation on Zoom (Sign Up by 2pm Tuesday)

Thursdays

11am - Mental Health Social at the clubhouse (No signup required, starts January 9th)
 1pm - Time Management Discussion Online (sign up by 2pm Wednesday)
 Various Times - Young Adults (Schedule on page 3)

Fridays (Closed January 31st)

11am - Teaching Kitchen at the Clubhouse (no program Jan 3rd Sign up by 3pm Thursday)
 12pm - Guided Meditation and Mindfulness Discussion at the clubhouse (Sign up by 1pm Thursday, no program Jan. 17th)
 1pm - Your Life and Recovery Journey at the clubhouse (sign up by 2pm Thursday)

January outings and Special events.

January 8th 10am - Minigolf at Castle Fun Park- Join Jordan for some miniature golf at Castle Fun Park. We will provide transportation and pay for a round of minigolf. If you would like to come please sign up by noon on the 7th. We will be leaving the clubhouse at 10am.



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.

Please sign up by Wednesday at noon.

January 2nd

1 - 2:30pm

Mexican Lunch

Come enjoy some Mexican cuisine at a local Restaurant. The clubhouse will cover up to \$20 for each individual.

January 9th

1 - 3 pm

Winter River Walk

Join us for a walk at the Vedder River. We will be leaving the clubhouse promptly at 1pm. Dress as comfortably as you want, but remember that it is the winter.

January 16th

1 - 2 pm

YA Planning

THIS IS YOUR CHANCE! Have your voice heard and discuss events and activities you would like to see on the YA calendar in 2025.

January 23rd

3:30 - 8pm

Young Adults Games Night at Centennial Place

Come with us to the Mission Clubhouse for a night of games.. Pizza and snacks will be available. We will be leaving from Cheamview at 3:30pm.

January 30th

1 - 2:30pm

Vietnamese Lunch

Come enjoy some Vietnamese cuisine together at a local restaurant. The Clubhouse will cover up to \$20 for your meal.

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.

Shooting Pool at Chillibowl Lanes - Wednesdays at 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

Wellness Through Leisure - Mondays Are you looking to: learn how leisure plays an important role in wellness, discover your own unique leisure interests explore strategies to overcome your leisure barriers, set your own leisure and wellness goals, or find personal, home, and community leisure resources? If you answer YES to any of the above, then this group might be for you! This is a 4 session, closed group. If you would like to participate please sign up by the end of the day on January 20th.

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 Social at the Clubhouse - Thursdays 11am Join Shelley at the clubhouse for a hangout and talk about mental health related topics. Each week will be something different. You do not have to sign up to participate but please try your best to arrive on time for the start of the group.

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.