

# Cheamview Clubhouse

## February 2025 Program Calendar

### Clubhouse Hours

Monday to Friday

9am - 4pm

Closed February 14 +  
17

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 February 2025

## Mondays (Except the 17th)

11am - Craft Social at the clubhouse ( No Group Feb 3rd)

11:30 - Activities at Cedar Ridge (Closed Group)

1pm - Wellness Through Leisure at the Clubhouse (Closed Group)

## Tuesdays

1 - 2pm - Live Laugh Learn (Call to sign up)

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

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

## Wednesdays

2pm - Shooting Pool at Chillibowl Lanes ( 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 (Except the 14th)

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)

1pm - Walk at the Vedder River ( Rain or Shine - Sign up by 2pm Wednesday)

## February outings and Special events.

**February 12th 1pm - Bowling at Chillibowl Lanes** - Join Jordan for some bowling. We will cover the cost of the bowling. If you think you might want a snack or drink please make sure you bring money. Please sign up by 4pm February 10th.

**February 13th 1 - 2pm - Chilliwack Hiring and Post Secondary Education Expo** - Do you want a job? Do you think about going back to school? Join Dave at this event with a really long name so you can maybe get a job or at the very least learn about your employment or schooling options. Sign up by 4pm February 7th.

# 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.**

**February 6th**

**1 - 2:30pm**

**Lunch at an Indian Restaurant**

Interested in trying Indian food? Is it already one of your favorites?  
Come join us for lunch, our treat! (\$20 max per person)

**February 11th**

**2:30 - 3-30pm**

**Bake and Learn with EPI**

That's right, Young Adults is happening on a Tuesday this week.  
Come bake some cookies and talk about selfcare.

**February 20th**

**1 - 3 pm**

**Board games and Pizza @ the Clubhouse**

Come pick a game from our selection to play with other members .

**February 27nd**

**3:15 - 6:45pm**

**Castle Fun Park trip with Abby and Mission**

**Clubhouses**

Mini golf admission and some money to play other games will be provided.  
Bring or buy your own snacks/food if you want.

# 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

**Live, Laugh, Learn - Tuesdays from 1pm - 2pm** Social, recreational, and educational gatherings weekly with different topics and activities. Call Dave for more information.

**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.

**Time Management Discussion Online - Thursday 1pm** Join Jordan online each week to discuss time management and organizational tools to help you with your time management. If you are interested in participating, please sign-up by Wednesday at 2pm.

**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

**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.