

Cheamview Clubhouse

March 2025 Program Calendar

Clubhouse Hours
Monday to Friday
9am - 4pm

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 March 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)

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)

1:30pm - Recovery Conversation on Zoom (Sign Up by 2pm Tuesday)

Thursdays

11am - Mental Health Social at the clubhouse (except the 13th)

1pm - Goal Setting Online (sign up by 2pm Wednesday)

Various Times - Young Adults (Schedule on page 3)

Fridays

11am - Teaching Kitchen at the Clubhouse (no program 21st, 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)

March outings and Special events.

March 19th - 11am - Fire and Wiener Roast at the Fraser River - Join Jordan for a fire at the Fraser River. There will be wieners to roast and drinks. We will be leaving the clubhouse at 11am, and will be going rain or shine. Sign up by 12pm March 17th.



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.

March 6th

1 - 2:30pm

Vedder River Walk with EPI

Meet at the Peach Road river access point, or let staff know if you need a ride when you sign up.

March 13th

1pm - 2:30pm

Get Organized!

Drinks, snacks, and spring cleaning discussions, tips and tricks.

March 20th

3:15pm -6:30pm

Dinner @ the Dragon Fort in Abbotsford

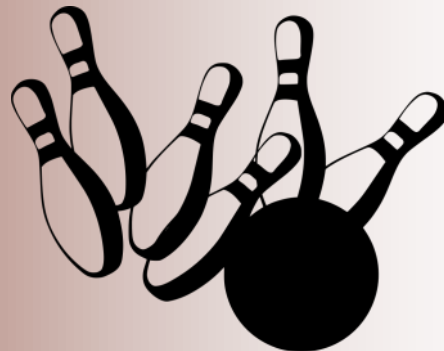
Meet at the Clubhouse. Join Abbotsford and Mission clubhouses for dinner at The Dragon Fort restaurant in Abbotsford. Up to \$20 per person will be paid for by the clubhouse.

March 27th

1 pm- 2:30pm

Bowling @ Chillibowl Lanes

Meet at the (Chillibowl) bowling alley. Connect with Dave ahead of time if you need a ride..



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.

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

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.

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.

Cheamview Mental Health / Life Skills

Creative Writing on Zoom - Tuesdays 2:30am Join us online each week and explore your creative writing skills. The theme for the group will change each week, it might be a story one week and a poem the next. You will also have the opportunity to share your writing with the group. The theme will be shared with you when you sign up.

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.

Goal Setting Online - Thursday 1pm Join Jordan online each week to discuss goals. We will talk about how to develop goals that have meaning to you as an individual and how to make goals more attainable and relevant to you. There will be new information offered each week. If you are interested in participating, please sign-up by Wednesday at 2pm.

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.