

# Cheamview Clubhouse

## April 2025 Program Calendar

### Clubhouse Hours

Monday to Friday

9am - 4pm

Closed April 18th and  
21st

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 April 2025

## Mondays (Except Apr 21st)

11am - Craft Social at the clubhouse  
 11:30 - Activities at Cedar Ridge (Closed Group)  
 1pm - Your Life and Recovery Journey (online, Closed Group)

## Tuesdays

11am - Anxiety Conversation (online, Sign up by 2pm Monday)  
 11am - Baking (except the 22nd)  
 1 - 2pm - Live Laugh Learn (Call to sign up)  
 2 pm - Music Therapy at the IPU (closed group)

## Wednesdays (Except Apr 2nd + 30th)

1pm - Drop-in Coffee Conversation and Program Planning  
 2pm - Shooting Pool at Chillibowl Lanes ( Sign Up by 2pm Tuesday)

## Thursdays

11am - Mental Health Social at the clubhouse (sign-up ahead of time)  
 1pm - Goal Setting Online (sign up by 2pm Wednesday)  
 Various Times - Young Adults (Schedule on page 3)

## Fridays (Except Apr 18th)

10am - Local Walking Group - (Meet at the Cheamview, Sign up by 2pm Thursday)  
 11am - Teaching Kitchen at the Clubhouse (no program 21st, Sign up by 3pm Thursday)  
 12pm - Mindfulness discussion (online, no program Apr 11th.)

## April outings and Special events.

**Apr 11th - 12:30 - BC Rock and Gem Show -**  
 Join Jordan on a trip to BCs biggest rock and gem show. There are a lot of vendors, and cool exhibits. Maybe crack a geode open or look at some fossils or buy some jewelry. We will pay the entrance fee. Please sign up by Apr. 9th at 4pm. Space is limited.



# 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.**

**April 10th**

**1 - 2pm**

## **Art gallery at Cultural Centre**

Meet at the Chilliwack Cultural Centre to visit the free art gallery together and check out the "Light and Shadow" exhibit.

Call to arrange a ride if you need one.

**April 17th**

**1pm - 2pm**

## **Vedder River Walk**

Back to the Vedder River we go to enjoy nature and fresh air plus a little exercise. Meet at the Peach Road access point at 1pm. Contact Dave if you need a ride.

**April 24th**

**1:30pm -3pm**

## **Bowling in Abbotsford with Abby and Mission**

**Clubhouses**

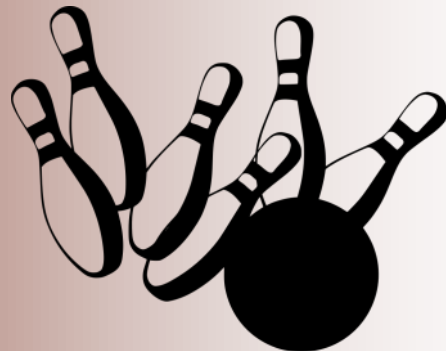
Meet at Clubhouse at 1:30. Return to Clubhouse at 3pm.

**April 29th**

**12:30- 3pm**

## **Castle Fun Park with EPI**

**NOT A THURSDAY, NOT A MISTAKE** . Meet at Clubhouse at 12:30. Return to Clubhouse at 3pm. Some money for games/activities will be provided.



# 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 Tuesday 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.

**Local Walking Group - Friday 10am-11am** - Meet at the Clubhouse and walk around the neighborhood. All levels of mobility welcome. If you can't do a full hour yet, no problem! We'll stay near the Clubhouse so you can easily rest when needed. We will meet rain or shine. Please sign up by Thursday at 2pm

# Cheamview Mental Health / Life Skills

**Your Life and Recovery Journey Online - Monday 1pm** Join Jordan and Shelley on Zoom each Monday at 1pm. If you are a person who has been waiting for WRAP to be offered again, the Your Life and Recovery Journey program has replaced WRAP. There will be 5 sessions, the first will be April 7th. If you are interested please sign up, there is limited space available.

**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.

**Mindfulness Discussion - Friday 12pm** Meet online and learn about and practice mindfulness. We will discuss the benefits of practicing mindfulness and different tools you can use to become more mindful. Please remember to sign up.

# 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.