

Cheamview Clubhouse

8916 Mary Street
Chilliwack, BC V2P4J4
www.creativecentresociety.org

February 2026 Program Calendar

Clubhouse Hours

Monday to Friday

8:30am - 4:30pm

Closed 12 -12:30pm

Closed February 16th

How to connect with us virtually

Call: 604-792-5287

Text: 604-302-3759

Facebook: 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



Cheamview Program Schedule February 2026

Mondays (Closed Feb 16)

10am - Chair Yoga and Breakfast at the Clubhouse (Sign up by 4pm Friday)
12:45pm - Boundaries (Online - Sign-Up by 4:30pm Friday. No program Feb 2nd.)
2:00pm - Activities at Cedar Ridge (Closed Group No Program Feb 2nd)

Tuesdays

11am - Baking at the Clubhouse (Sign-up by 12pm Monday)
1pm - Live Laugh Learn (Closed Group)
2:30pm - Music therapy at the IPU (Closed Group)

Wednesdays

10am - Chair Yoga and Breakfast at the Clubhouse (Sign up by 2pm Tuesday. No program Feb. 18)
1pm - Your Life and Recovery Journey (Closed Group, Register by Feb 11)
2:30pm - Pool at Chillibowl Lanes (Sign up by 2pm Tuesday)

Thursdays

10am - Drop-in-coffee
2pm - Meditation at the Clubhouse (Sign up by 3pm Wednesday)
Various Times - Young Adults (Schedule on Page 3)

Fridays

10am- Morning Board Games and Coffee (Sign up by 2pm Thursday)
1pm - Teaching Kitchen at the Clubhouse (Sign up by 3pm Thursday)
2pm -Karaoke at the Clubhouse. (Sign up by 2pm Thursday)

Events and Outings

Please sign up in advance as space is limited.

Fire at the Fraser River - Feb 11th - 1pm -

Join us for an afternoon fire at the fraser river. We will bring hot dogs, snacks and drinks. We will be leaving at 1pm and returning by 3:30pm at the latest. Please sign up by February 9th at 12pm.



Young Adults Program

Groups activities happen at Cheamview, in the community or virtually on Thursdays.

➔ **Please sign up by 4pm the preceding Wednesday.** ←

This program is specifically for members 19 - 30 years of age.

If you have any questions please call 604-792-7803, text 604-792-7803 or email Daveherie.ccs@gmail.com

All Cheamview staff member are also available for one-on-one support by appointment.

February 5th
1pm-2:30pm
Bingo

Join us for some low-intensity bingo with snacks and prizes.

February 12th
12:15pm-4pm

Un-valentines party in Mission

Games and snacks with Abbotsford and Mission clubhouses, at Centennial Place. Leave the clubhouse at 12:15pm, Back by 4pm.

February 19th
1pm-2:30pm
Budgeting Workshop

Want to learn how to budget? This is the place. .

February 26th
1pm-2:30pm
Let's play Minecraft

Virtual drop-in. Meet new local Young Adult gamers without leaving home. You will need an electronic device with Minecraft Bedrock edition installed and an internet connection. Phone Dave to sign up or for more information.

Remember to Sign up!

Phone, text, or message

us on Facebook ahead of

time so we know to

expect you!



Cheamview Social/Recreational

Baking at the Clubhouse - Tuesdays 11am This group is for anyone, whether you are a complete newbie or a master baker. Please sign up by 12pm Monday. We will also make a post on our clubhouse members Facebook group so you can learn a new recipe from home.

Live Laugh Learn - Tuesdays 1pm Social, recreational, and educational gatherings weekly with different topics and activities. There is a waitlist and space is limited. Call Dave for more information.

Young Adults Thursdays all day One-on-one support available by appointment all day. Contact Dave. There is a different event each week. Please look at the Young Adults calendar on page 3

Shooting Pool at Chillibowl Lanes - Wednesdays 2:30pm Join Dave and some other members for an hour of pool. Please sign up by 2pm Tuesday and let us know if you need a ride or if you will be meeting Dave at Chillibowl.

Karaoke at the Clubhouse - Friday at 2pm - Come sing with us and some MHSU staff at the clubhouse. We have all the supplies. Show us what you've got in a supportive space. Please sign up by 2pm Thursday.

Cheamview Mental Health / Life Skills

Boundaries, Online - Mondays at 12:45pm - In this group we will discuss personal boundaries. Areas in our lives we can set boundaries around, like personal space, our time and energy, etc. And how saying “No” is okay. Please sign up by the end of the day on Friday.

Chair Yoga and a Healthy Breakfast - Mondays and Wednesdays at 10am - Chair yoga is a great way to work on your flexibility. So, if you feel like you have been stiff and inflexible lately, or just want to get out and move your body safely, try some chair yoga. Also, there will be breakfast for people who participate. Please sign up in advance. We will also post a link to a chair yoga video on our members Facebook group so you can participate from home if you are unable to make it in person.

Your Life and Recovery Journey - Wednesday 1pm - If you have been waiting for us to offer YLaRJ in person again this is your chance. We are partnering with the Chilliwack Mental Health Office to offer this round of the group. The group will be starting on February 18th and happen on Wednesdays until March 18th. There is limited space available. Please sign up by February 13th.

Mindfulness Meditation at the Clubhouse - Thursdays at 2pm - Join us for a discussion about how practicing mindfulness and meditation can be tools to help you with your mental health. We will do a 15 minute guided meditation. This is open to all experience levels whether you have never meditated before or are a regular meditation practitioner. Please sign up by Wednesday at 3pm.

Teaching Kitchen Fridays at 1pm Limited space is available for in-person participation. Please sign up by 3pm Thursday if you wish to participate. We will also make a post on our clubhouse members Facebook group so you can learn a new recipe from home.

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.

Cheamview 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.