



Cheamview



— CLUBHOUSE —

October 2026

— PROGRAM CALENDAR —



8916 Mary Street, Chilliwack, BC V2P4J4



www.creativecentresociety.org



CLUBHOUSE HOURS

Monday to Friday
8:30am - 4:30pm
Closed 12 - 12:30pm



October Closures

October 1st for staff training and
October 12th for Thanksgiving



CONTACT US

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Creative Centre Society
For Mental Wellness



fraserhealth



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BC HOUSING

Cheamview Program Schedule October 2026

Mondays (Closed 12th)

10am - Chair Yoga and Breakfast (In-person, Sign up by 4pm Friday)
1pm - Your life and Recovery Journey at MHSU (Oct 14,19, 21, 26) (Closed Group)
1:45pm - Music and Wellness at Cedar Ridge (Closed Group)

Tuesdays

9:30am - Wellness Walk by the River (Sign up by 4pm Friday)
11am - Mental Health Support Group (In-person, Sign up by 4pm Monday)
2:30pm - Music Therapy at the IPU (Closed Group)

Wednesdays

10am - Painting at the clubhouse (Drop-in)
1pm - Your Life and Recovery Journey at MHSU (Oct 14, 19, 21, 26) (Closed Group)
2:30pm - Minecraft (Online, Call to get information on how to join)

Thursdays (Closed Oct 1st)

10am - Coffee, Crochet, and Conversation (Drop-in)
Various Times - Young Adults (Schedule on Page 3)

Fridays

10am- Board Games and Coffee (Drop-in)
1pm - Teaching Kitchen at the Clubhouse (Sign up by 3pm Thursday)
2:30pm- Virtual Practice Interviews (online by Appointment)

Events and Outings

Hallo-wiener BBQ and Member Meeting October 28th 1-3pm

Join us for a member meeting regarding the results of the Client feedback survey and a BBQ where we will dine on the spookiest meat product of all, hotdogs. Costumes are not mandatory but if you feel like dressing up, feel free. Please let us know if you are coming by the 26th so we can make sure there are enough dogs for everyone.



Young Adults Program

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

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 members are also available for one-on-one support by appointment.

Remember to Sign up!

Phone, text, or message

us on Facebook ahead of

time so we know to

expect you!

Oct. 1st
No Program Today
Staff Training

October 8th
Let's Play Pool
1 -2:30 PM

Come with us to play some pool at Chillibowl Lanes. All skill levels are welcome. We will be leaving the clubhouse at 1pm.

October 15th
Petey's pumpkin patch with EPI
1pm-3pm

Join other young adults from the EPI program for an afternoon outside in the pumpkin patch. You'll get to visit some farm animals and choose a pumpkin to bring home with you. We will be leaving the clubhouse at 1pm.

October 22nd
Bowling
1pm-2:30pm

Come knock 'em down at the bowling alley. We will be leaving the clubhouse at 1pm.

October 29th
Spooky Movie and Popcorn
1pm

Enjoy a spooky movie together in the spooky clubhouse basement. With popcorn!



Cheamview Social/Recreational

Painting - Wednesdays 10am - Join us for some painting. We have watercolour, oil and acrylic paints. You can feel free to finish your painting and take it with you after one visit, or choose to work on it over a few sessions.

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

Minecraft - Wednesdays 2:30pm Join Dave online for some Minecraft with other members. You will need a device with Minecraft Bedrock edition installed and an internet connection. This is a chance to meet other local Minecraft players from home. Contact Dave for more information about how to join.

Cheamview Mental Health / Life Skills

Chair Yoga and a Healthy Breakfast - Mondays 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.

Wellness Walk - Tuesdays 9:30am - Join us for a morning walk along the Vedder River to help support your mental wellness. We will be leaving in the morning to avoid the heat of the afternoon and discussing the beneficial effects nature and exercise have on your overall wellness. Please sign up by 4pm the preceding Friday as space for transportation is limited.

Your Life and Recovery Journey - Mondays and Wednesdays 1pm - This group is for anyone looking to gain some tools to help them manage their mental health more effectively, develop strategies to help them recognize when they are doing well and when things might be starting to break down and what to do if things are beginning to get rocky. This group consists of one session a week for four weeks starting on October 14th and ends on the 28th. Please sign up by contacting the clubhouse or through your MHSU Case Manager.

Mental Health Support Group - Tuesdays 11am Join us in-person to learn about different wellness tools and strategies that will help you build or maintain your overall wellness. Please contact us by the end of the day Monday so we can make sure there are enough supplies for everyone.

Cheamview Pre-Employment

Practice Interviews - Friday at 2:30pm - If you are nervous about going to a job interview and would like to practice your interview skills make an appointment with Jordan. He will ask you the kinds of questions an employer may ask in an interview to get you used to the process. Please contact him to make an appointment or for more details.

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.

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.