

Cheamview Clubhouse

November 2020 Program Calendar

**8916 Mary Street
Chilliwack, BC V2P 4J4
604-792-5287**

Clubhouse Hours
Monday to Friday
9am - 4pm
(2-6pm Thursday for YA)

How to Connect With Us Virtually

Call: 604-792-5287

Text: 604-302-3759

Facebook: <https://www.facebook.com/Cheamview>

Email: suzannek.ccs@gmail.com

shelleyduncan.ccs@gmail.com

jordanb.ccs@gmail.com



Creative Centre Society

Funding provided by:



CHEAMVIEW CLUBHOUSE

Clubhouse Program Update

The Clubhouse will be closed
Wednesday November 11th, 2020

For Remembrance Day



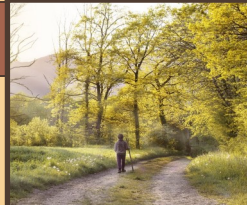
Mondays

11am– Craft Club (In Person and ZOOM)
12pm– Mental Health Support (ZOOM)
1pm– WRAP (In Person) Nov 2nd/9th/16th
2pm– YA2 (ZOOM)
6pm– Hearing Voices (Facebook Room)



Tuesdays

10am– Member Meeting (In Person and ZOOM)
11am– Craft Club (In Person and ZOOM)
1pm– Positivity Journal (Facebook)



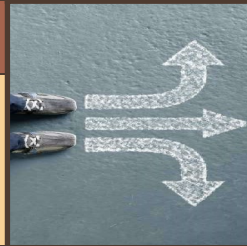
Wednesdays *No programs on Nov.11th due to Remembrance Day

9:30am– Walking Group (In Person) *except Nov 18th
11am– Member Connection (In Person) *except Nov 18th
2pm– Wellness Tools (ZOOM)



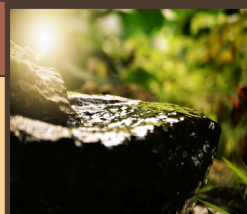
Thursdays

10am– Coffee Social (In Person)
10:30am– Mindfulness (Facebook)
2 to 5pm– YA@ Kinsmen Park (In Person)
5pm– YA3 (Facebook)



Fridays

11am– Teaching Kitchen (In Person and Facebook)
1pm– Heavy Metal Therapy (In Person)
2pm– Live Laugh Learn (Phone and In Person)



Free To-Go Lunch

Every Friday from 2-3pm come by the Clubhouse to pickup a Free To-Go Lunch.

Please RSVP by 4pm on Thursdays to reserve a meal.



Tuesdays/Thursdays 10-11am



FREE “to-go” Coffee

At Cheamview Clubhouse for all members.

Come and enjoy a fresh hot cup of coffee!

Rain or Shine. In cases of rain we will socialize inside (maximum of 6 people at a time inside clubhouse) and coffee will be served to-go!

We will be enforcing physical distancing, hand sanitizing, and asking risk assessment questions.

Walking Group Locations:

4th– Sardis Park

25th– Fairfield Park



Program Details

Craft Club – Mondays/Tuesdays @11am - We will be doing a new crafting project as a group every month. We will post the required materials in advance and have kits available for pick up. Members can join in through ZOOM or sign up to attend in person at the Clubhouse (space is limited).

Mental Health Support – Mondays @12pm - Support for anyone living with Mental Illness. Talk to Jordan to sign up.

WRAP - November 2nd/9th/16th @1pm - WRAP will be offered in person at the clubhouse over a 4 week session Mondays from Oct. 19-Nov. 16th. Sign up is required through the WRAP Info line. Please see page 7 or contact Suzanne for more details.

YA2 – Mondays @2pm - This group is a low key group for those between the ages of 19-30, in partnership with EPI. Talk to Jordan for more details.

Hearing Voices - Mondays @6pm - A support group for those who experience visual/auditory hallucinations. Join Chilliwack's Hearing Voices Group on Facebook for updates, the group will meet via Facebook Rooms. For more info call Suzanne

Member Meeting – Tuesdays at @10am - This is an opportunity for members to meet in person/virtually and discuss clubhouse matters.

Positivity Journal– Tuesdays @1pm– Join Jordan virtually as he guides you through the process of positive journaling.

Walking Group – Wednesdays @9:30am - Join Jordan for a walk in the community. Rain or Shine! (You must call to sign up for this in-person group)

Job Club

Employment support is available by appointment. We can support you with job search, resume building, interview skills and more! Virtually or in person.

Contact Shelley for more information or to make an appointment



Procedure for In-Person Groups

- There is a maximum of 4-6 participants per group within the clubhouse.
- You must Sign Up for all in person groups
- If you would like to attend an “in person group” virtually please connect with the clubhouse so we can send you a ZOOM link to join.
- If you have a barrier contacting us please drop by to connect with staff.

More Program Details

Member Connection – Wednesdays @11am - Bring something to sit on and see some friendly faces while we sit in a physically distanced circle and connect. Please connect with staff if you would like to join this in person group. In cases of poor weather we will meet inside.

Wellness Tools– Wednesdays @2pm - We will chat and discuss a variety of wellness tools and strategies. New topic every week! Please connect with staff if you would like to join.

Mindfulness - Thursdays @10:30am - Shelley will be hosting a virtual mindfulness meditation session on Facebook via Watchparty

Young Adults– Thursdays 2-5pm @Kinsmen Park - A group for young people 19-30. Contact Jordan to join. In case of rain, YA will meet at the Clubhouse *Time Change: November 26th the group is from 2-4pm

YA3– Thursdays @5pm - This is a virtual group for young adults unable to attend in person groups. Connect on the Young Adults Facebook group for more information. *Time Change: November 26th the groups is from 4-6 (with Abby House)

Teaching Kitchen- Fridays @ 11am - Watch us on Facebook LIVE as we show you how to cook a recipe with common ingredients and create something fabulous! Please call the clubhouse if you need help gathering ingredients. If you are interested in coming to the Clubhouse for this program please connect with staff.

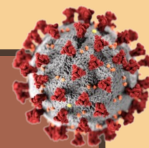
Heavy Metal Therapy– Fridays @1pm— Join us in the backyard to experience the benefits of heavy metal music. Please connect with staff to sign up for this in person group.

Live Laugh Learn– Fridays @ 2pm– The group is back. We will be connect with group members via phone call and try to adjust back into meeting together as a group. If you are interested in this group please contact Suzanne

ATTENTION

It is important that we all do our part to slow the spread of Covid-19 and flatten the curve. If you are feeling unwell please connect with us virtually and do not attend in person programs.

We ask that if you plan to visit us please call ahead when possible.



Sometimes the
questions are
complicated
and the
answers are
simple.





Some Ways to Incorporate Laughter into Mental Health Recovery

Podcasts: You can listen to podcasts on a variety of platforms including Spotify, Apple Music, YouTube and more!

- Mental Illness Happy Hour
- The Mental Health Comedy Podcast
- The Hilarious World of Depression
- The Happiness Lab

Websites: You can use these links to view websites and articles.

- Laughter is the Best Medicine <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>
- The Benefits of Laughter <https://www.ccpa-accp.ca/the-benefits-of-laughter/>

YouTube Videos: You can use these links to view these videos.

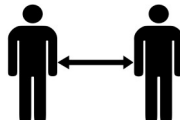
- Comedians Tackling Depression & Anxiety Makes Us Feel Seen | Laughing Matters | Documentary (30 mins) https://www.youtube.com/watch?v=TBV-7_qGlr4&ab_channel=SoulPancake
- How Laughing Affects Our Health And Why Its The BEST MEDICINE (4 mins) https://www.youtube.com/watch?v=DB_cSy0II0g&ab_channel=HealthChronicle
- Laughter Is Good for Your Brain (4mins) https://www.youtube.com/watch?v=80hcQJuo6NE&ab_channel=TheEllenShow

IMPORTANT NOTES

Physical distancing and personal safety practices will be enforced at the clubhouse to ensure that everyone stays safe.

During in person groups and meetings staff and members must

- wear a mask
- wash/sanitize hands
- temperature check
- pass risk assessment questions
- maintain physical distance



We also ask that you do not consume food or beverages within the Clubhouse.



Connect with staff if you plan to attend any of the in-person, community groups or meet one on one in person with one of the staff.



Food Security – If you are in need of food please connect with us and we will support you.

Naloxone – Please connect with us if you are interested in Naloxone training or are in need of a Naloxone kit.

One- on-One Appointments

If you would like to meet with staff one on one virtually via ZOOM/Facebook or in person. Please connect with staff to make an appointment.

We have appointment times available daily.

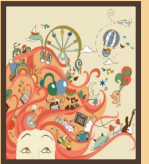
zoomEtiquette



Be on time. We will lock the meeting 5 minutes after the start time to avoid interruptions. If you are struggling to join please contact us so we can assist you.



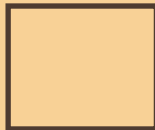
Honour the privacy and ideas of others. What is shared within the group stays within the group. Also be mindful that others may have different experiences from you and we value all participants.



Be mindful of background noise when your microphone is not muted. Avoid activities that could create additional noise, such as shuffling papers. Mute your microphone when it is other peoples turn to talk to help keep background noise to a minimum.



Position your camera properly if you choose to use one. Be sure it is in a stable position and focused at eye level, if possible. Doing so helps create a more direct sense of engagement with other participants.



Limit distractions. You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and muting your smartphone.



Avoid multi-tasking. You'll retain the discussion better if you refrain from replying to emails or text messages during the meeting and wait to fold that laundry until after the meeting.

WRAP and RST Info



WRAP INFORMATION PHONE LINE

WRAP is . . .

The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

WRAP Will Help You:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, by using wellness tools, develop action plans for responding at these times.
- Create a crisis plan
- Create a post-crisis plan

WRAP is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do.

Did you know the wrap app is available for free on Android and IOS to download on your phone or tablet? You can also visit <https://mentalhealthrecovery.com/wrap-is/> for more information. Try it now it's a great tool to support yourself during this time of COVID-19, physical distancing, self isolation and more ...

We are not presently doing in person groups at this time, but you may register to be contacted once we resume doing them. We are providing two phone-in and online groups, Introduction to WRAP and WRAP Follow-up.

If you wish to attend one of these sessions, please call or email us and leave your name and phone number. Note to participate in the phone-in and online groups you will need to provide us with either an email or mailing address when we contact you so we can send you materials. We will contact you within seven days to confirm your information and send you sessions dates.

CALL: 1-800-211-0585

to register or email us at

Wrapinfo@communitascare.com

Recovery Support Training **ONLINE**

Face mental health challenges.

Learn skills for better communication,
relationships and personal wellness.

Recovery Support Training is a 10-session program to teach people living with mental health challenges the skills they need to recover and to help others recover.

- Learn skills that will enhance your relationships
- Practice important communication conflict resolution skills
- Talk about trauma, crisis and recovery
- Understand worldviews and how they are impacted by culture

Day and Time:

Group Dates and Times are in the Online Registration Form

Dates:

Group Dates and Times are in the Online Registration Form

Location:

This is Online using Zoom open to all area's.

To Register:

CALL: 1-800-211-0585 or email us at Wrapinfo@communitascare.com to receive the registration form.



Recovery Support Training is a prerequisite to becoming a Peer Support Worker. To learn more about Peer Support Services in the Fraser Health region, contact: Fraser East and South – Communitas Supportive Care Society, Fraser North – Canadian Mental Health Association.

The BULLETIN BOARD

Let us know if you have any community resources or events you would like others to know about!
Contact Suzanne at suzannek.ccs@gmail.com

MENTAL HEALTH SUPPORT GROUP



Come and join us on Mondays for a time of safe, mutual sharing and support.

Mondays @ 12 PM

No registration required.

Looking for more information?

Email:
jordanb.ccs@gmail.com
Creative Centre Society
Cheam View Clubhouse
8916 Mary Street Chilliwack
604-792-5287



Chilliwack's Hearing Voices

Mondays @6pm Virtual Support Group
Connect with us via Facebook



Here is a direct link to the Facebook Group:
<https://www.facebook.com/groups/643368953172237>

Recovery Summit Dialogues

In preparation for our upcoming Recovery Summit Event in early 2021, we are hosting two dialogues with **people with lived experience and families/supporters**.

Purpose:

- To inform and deepen the topics for discussion at the summit to be attended by clinicians and leaders from Fraser Health Mental Health & Substance Use Services
- To play a role in shaping the future direction of recovery-oriented service

November 25, 2020, 10:00 am - 12:00 pm

Questions for discussion*

1. How can staff and clients/families collaborate in situations of disagreement or risk?
2. How can we respond to the overdose crisis in a recovery-oriented way?

December 8, 2020, 1:00-3:00 pm

Questions for discussion:

1. How can we collaborate with other first-responders (eg police, ambulance, etc.) to provide recovery-oriented approaches?
2. How is the movement to more virtual care impacting your experience of service (i.e. connecting with family, clinicians, clients, etc.)?

By Zoom (link will be sent to individuals)

Please contact: Angela Louie angela.louie@fraserhealth.ca or 604-453-1912.
Please specify which session(s) you would like to attend

HARM REDUCTION NEWS



Supplies available at the Clubhouse:

Naloxone Kits

Male/Female Condoms

Feminine Hygiene including pads, tampons, liners.

We want to remind all members that the Clubhouse is a safe and confidential place to access harm reduction supplies. We can also provide support and training to use the kits and can support individuals in accessing additional supplies and resources.



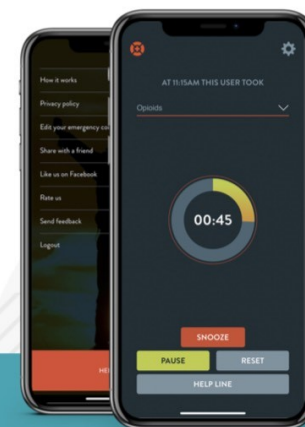
89% of overdoses happen while alone.

You're not using alone when you use **LifeguardApp**.

A new way to stay safer **while using**.

Introducing a smartphone app that automatically connects to emergency services if you or someone you know becomes unconscious or unable to function.

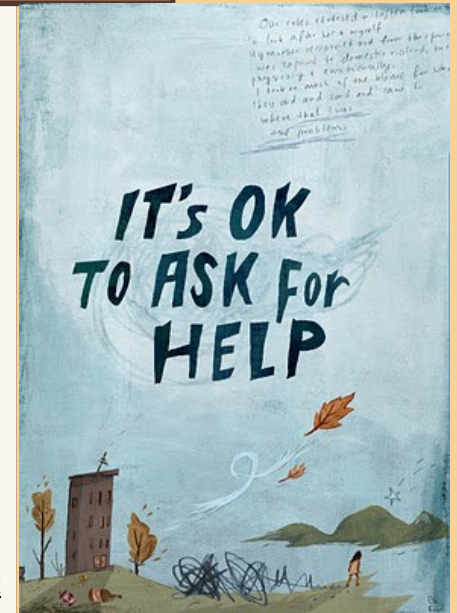
Download **LifeguardApp** today:



To learn how we're combatting the opioid crisis visit us online at lifeguardDH.com

ADDITIONAL RESOURCES

Take Care of Your Mental Health, too!



For immediate help, please **Call 911**, go to the nearest emergency room or follow the emergency instructions provided by your doctor, mental health professional or care team.

Here is some more resources:

Call 1-800-SUICIDE (1-800-784-2433) to get help right away, any time of day or night. It's a free call.

Your Local Crisis Line: call **310-6789** 24 hours a day to connect to a BC crisis line, without a wait or busy signal. The crisis lines linked in through **310-6789** have received advanced training in mental health issues and services by members of the BC Partners for Mental Health and Addictions Information.

HealthLink BC: Call **811** or visit www.healthlinkbc.ca for free, non-emergency health information, including mental health and substance use information. Through **811**, you can also speak to a registered nurse about symptoms you're worried about, or talk with a pharmacist about medication questions.

The Alcohol & Drug Information and Referral Service: Call **1-800-663-1441** (toll-free in BC) or **604-660-9382** (in the Lower Mainland) to find resources and support. They can refer you to services across the province.