

# Cheamview Clubhouse

## September 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

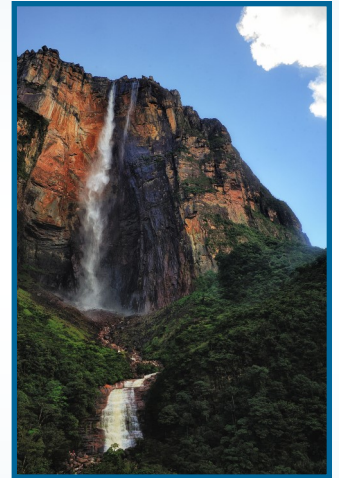
**Text:** 604-302-3759

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

**Email:** [suzannek.ccs@gmail.com](mailto:suzannek.ccs@gmail.com)

[shelleyduncan.ccs@gmail.com](mailto:shelleyduncan.ccs@gmail.com)

[jordanb.ccs@gmail.com](mailto:jordanb.ccs@gmail.com)



*Creative Centre Society*

Funding provided by:



September 2020

# CHEAMVIEW CLUBHOUSE

## Clubhouse Program Update

### Happy Long Weekend



The Clubhouse will be closed  
Monday September 7th, 2020

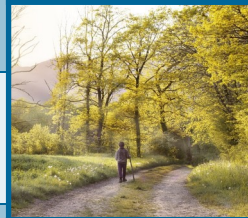
### Mondays

11am– Craft Club (ZOOM and In Person)  
12pm– Mental Health Support (ZOOM)  
2pm– YA2 (ZOOM) on Sept 21st  
6pm– Hearing Voices (ZOOM)



### Tuesdays

9:30am– Walking Group (In-Person) on Sept 22nd/29th  
1pm– Mindfulness (Facebook)  
2pm– Member Meeting (ZOOM) on Sept 29th



### Wednesdays

10am– Bus Skills (In-Person) \*Except Sept 2nd  
1pm– Tailgate Party (In Person) \*Except Sept 16th  
2pm– Wellness Tools (ZOOM) on Sept 23rd/30th



### Thursdays

9:30am– Breakfast Club (Facebook) on Sept 3rd/24th  
1pm– Vocation Club (ZOOM)  
2 to 5pm– YA@ Kinsmen Park (In-Person) \*Except Sept 3rd  
5pm– YA3 (Facebook) \*Except Sept 3rd

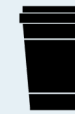


### Fridays

11am– Teaching Kitchen (Facebook)  
1:30pm– Quilting Club (In Person) on Sept 25th



### Mondays, Wednesdays and Fridays



from 10am-11am.



**FREE “to-go” Coffee**

At Cheamview Clubhouse for all members.  
Come and enjoy a fresh hot cup of coffee!  
In the event of poor weather we will update  
on Facebook with an alternate plan.

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

\*Excluding September 16th Due to Staff Meeting.

### Walking Group Locations:

22nd– Sardis Park

29th– Peach Creek



# Program Details

**Craft Club** – Mondays @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.

**YA2** – September 21st @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 ZOOM. For more info call Suzanne

**Walking Group** – September 22nd/29th @9:30am - Join Jordan for a walk in the community. Rain or Shine! (You must call to sign up for this in-person group)

**Mindfulness** - Tuesdays @1pm - Shelley will be hosting a virtual mindfulness meditation session on Facebook via Watchparty

**Member Meeting** – September 29th @2pm - This is an opportunity for members to meet virtually and discuss clubhouse matters.

**Bus Skills**— Wednesdays @10am— Starting on September 9th. This group is an opportunity to learn to ride the bus. Including in person and virtual support. If Interested, give Jordan your email address. You will need to attend the first ZOOM session (Sept 9th) in order to ride the bus with the group.

## Employment

***We are still available to support you with employment on an appointment basis. We can support you with job search and resume building virtually or in person.***

***Contact us to make an appointment***



## One- on-One Appointments

If you would like to meet with staff one on one virtually via zoom/Facebook or in person. Please call the clubhouse to make an appointment.

We have appointment times available daily.

# More Program Details

**Tailgate Talk** – Wednesdays @1pm - Bring something to sit on and see some friendly faces while we sit in a physically distanced circle and connect. (You must call to sign up for this in person group) In cases of poor weather we will meet via ZOOM.

**Wellness Tools**– September 23rd/30th @2pm - We will chat and discuss a variety of Wellness Tools and strategies on ZOOM. New topic every week!

23rd– Breathing

30th– Music

**Breakfast Club**– September 3rd/24th@9:30am. Join in for a low impact workout and a healthy recipe suggestion. Join in on Facebook.

3rd– Amanda will do a LIVE stretching routine

24th- Breakfast recipe LIVE from the Cheamview Clubhouse

**Vocation Club**– Thursdays @1pm - We will support you to gain employment skills including resume building, interview skills and job search. Please call or email us to sign up.

**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 under the Prospera stairs

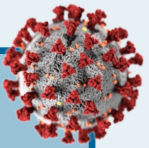
\*Time Change: September 24th the group is from 2-4pm

**YA3**– Thursdays @5pm - This a virtual group for young adults unable to attend in person groups. Connect on the Young Adults Facebook group for more information. \*Time Change: September 24th 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.

**Quilting Club**- September 25th @1:30pm— A chance for those previously part of the quilting group to complete the pillow project.

## 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!

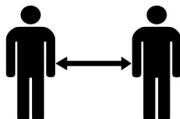


# IMPORTANT NOTES

**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 6 foot physical distance



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



Call ahead if you plan to attend any of the in-person groups or meet with one on one in person with one of the staff.

**604-792-5287**



**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.

Please do not visit us if . . .

- you have a fever*
- new or worsening cough*
- new or worsening shortness of breath*

We would love to connect with you virtually through phone, email, Facebook or video chat!

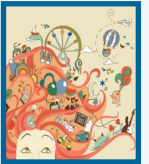
# zoomEtiquette



**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

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 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.

## 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



CALL: 1-800-211-0585

to register or email

[wrapinfo@communitascare.com](mailto:wrapinfo@communitascare.com)

# The BULLETIN BOARD

## 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>

## 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](mailto:jordanb.ccs@gmail.com)  
Creative centre Society  
Cheam View Clubhouse  
8916 Mary Street Chilliwack  
604-792-5287



ARE YOU READY TO  
WORK, BUT HAVE NO  
IDEA WHERE TO START?

## CHILLIWACK JOB OPTIONS

NO COST TO ATTEND THE PROGRAM!  
8 WEEKS OF VIRTUAL TRAINING, WITH A WEEKLY  
ALLOWANCE.

### Workshops include:

- Life and Essential Skills
- Basic MS Word Skills
- Job Search 101 and Online Job Search
- Self-Assessments & Career Path Planning
- Cover Letter, Resume Making and Interview Skills
- Hidden Job Market
- Self Marketing and Networking
- Job Shadowing / Informational Interviewing
- Starting a New Job

### Job Specific Short-Term Certifications, such as:

- Forklift
- Foodsafe
- SuperHost
- Serving It Right
- First Aid
- Basic Security Training

One to one support throughout the duration and after you get  
hired.

Employer connections.

Job coaching throughout, including at the workplace.

Call our employment specialist today to discuss eligibility at 778.239.7495 or email  
[joboptions@pcrs.ca](mailto:joboptions@pcrs.ca).

Serving the Residents of the Fraser Valley, from Mission to Hope.

# 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.



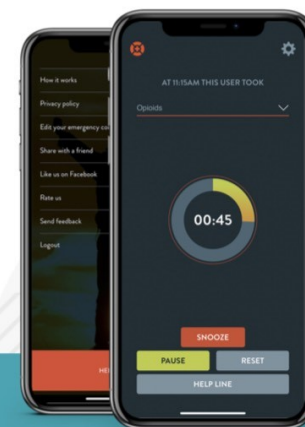
## 89% of overdoses happen while alone.

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.

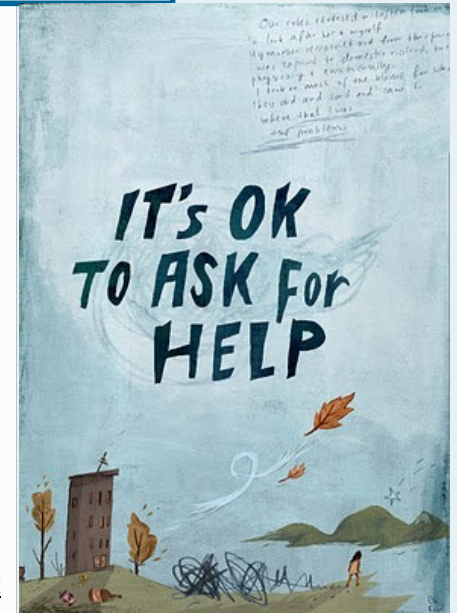
Download **LifeguardApp** today:



To learn how we're combatting the opioid crisis visit us online at **[lifeguardDH.com](http://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](http://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.