

Cheamview Clubhouse

August 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:



August 2020

CHEAMVIEW CLUBHOUSE

Clubhouse Program Update

Happy Long Weekend



The Clubhouse will be closed

August 3rd, 2020

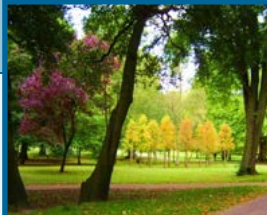
Monday

11am – Craft Club (ZOOM)
12pm - Mental Health Support (ZOOM) *Except August 31
2pm – YA2 (August 17th) (ZOOM)
6pm – Hearing Voices (Facebook)



Tuesday

9:30am - Walking Group (In-Person)
1pm – Mindfulness (Facebook)
2pm - Member Meeting (ZOOM)



Wednesday

10am- Block Walk (In-Person) *Except August 19
11am—Vison Board (August 12) (ZOOM)
1pm – Tailgate Party (In Person) *Except August 19
2pm– Wellness Check In (ZOOM)



Thursday

9:30am - Fitness Club (Facebook)
1pm – Vocation Club (ZOOM)
2 to 5pm – Young Adults @Kinsmen Park (In-Person)
5pm– YA3 (Facebook)



Friday

11am – Teaching Kitchen (Facebook)
1pm – Heavy Metal Therapy (In-Person)



Monday, Wednesday and Friday

from 10am-11am as long as its not raining.

FREE “to-go” Coffee

At Cheamview Clubhouse for all members.

Come and enjoy a fresh hot cup of coffee
before the heat of the sun!



We will be enforcing physical distancing,
hand sanitizing, and asking risk assessment
questions prior to entering the backyard!

*Excluding August 19th Due to Staff Meeting.

Walking Group Locations:

7th– Sardis Park

14th– Fairfield Park

21st– Peach Creek

28th– Track @Chilliwack Senior Secondary



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 also have kits available for pick up. Please let us know if you need a kit.

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

YA2 – August 17th @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 more info call Suzanne

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

Mindfulness - Tuesdays @1pm - Shelley will be hosting a virtual mindfulness meditation session.

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

Block Walk— Wednesdays @10am—Meet at the clubhouse and give back to the community by keeping our neighbourhood clean and experience the benefits of fresh air and physical exercise. (You must call to sign up for this in person group)

Vision Board— August 12th @11am—Join Amanda as she shows us how to make a vision board. We will have supplies available for pick up ahead of time. Please call the clubhouse to arrange pick up.

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



More Program Details

Tailgate Talk – Wednesdays @1pm - Bring a lawn chair 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)

Wellness Check In – Wednesdays @2pm - Check in with us and chat with other members through ZOOM!

Fitness Club – Thursdays@9:30am - Join in for a low impact workout and a healthy recipe suggestion. Join in on Facebook.

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 - A group for young people 19-30. Contact Jordan to Join. (Please talk to Jordan to sign up)

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.

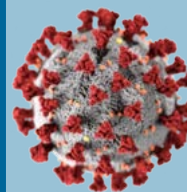
Teaching Kitchen - Fridays @ 11am - Watch us on Facebook live as we show you how to cook a recipe with common ingredients and create something fabulous! Please call the clubhouse if you need help gathering ingredients.

Heavy Metal Therapy - Fridays @1pm - Join us in the backyard to experience the benefits of heavy metal music. (You must call to sign up for this in person group)

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! **604-792-5287**



One- on-One Appointments - *Available Daily* 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.

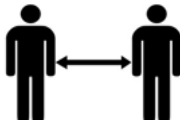
We have appointment times available daily.

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 meet with one of the staff outdoors, attend Walking Group, Tailgate Talk, or Heavy Metal Therapy.

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!

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

The BULLETIN BOARD

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>

HARM REDUCTION NEWS

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.



BC PROVINCIAL OVERDOSE ALERT

INCREASED DRUG TOXICITY REPORTED ACROSS BC (BOTH STIMULANTS & DOWN)

- Severe overdoses related to **smoking** down and stimulants due to the rapid onset of effects
- Record number of fatal and non-fatal overdoses through **smoking and injecting drugs** in May and June 2020
- Recent increase of **Carfentanyl** and **Benzodiazepines**, including **Etizolam** in illicit drug supply

PLEASE BE SAFE AND TAKE CARE OF EACH OTHER:

- 1) Don't use alone
 - Use at an Overdose Prevention Site, if you can, [FIND AN OPS](#)
 - Buddy up when using; ask someone to check on you
- 2) Get your drugs checked at an Overdose Prevention Site, [FIND A SITE](#)
- 3) Carry a naloxone kit; know how to use it [FIND A SITE](#). Call ahead for hours
- 4) Talk to your doctor about prescription alternatives to the toxic drug supply. Click [here](#) for more info

Check your Health Authority website for local alerts

To **FIND AN OPS**: <https://www.stopoverdose.gov.bc.ca/theweekly/overdose-prevention-sites-supervised-consumption-services-drug-checking>

To **FIND A NALOXONE SITE**: towardtheheart.com/site-finder

More info on **accessing prescriptions**: <https://www.bccsu.ca/wp-content/uploads/2020/04/Postcard-COVID-v2.pdf>

For more information on ways to **stay safe while using substances during COVID-19** please check: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

Date Posted: July 17, 2020

(remove by Aug 24, 2020)

Last Updated: July 20, 2020

**toward
THE heart.com**
BCCDC HARM REDUCTION SERVICES



Supplies available at the Clubhouse:

Naloxone Kits

Male/Female Condoms

Feminine Hygiene including
pads, tampons, liners.



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.

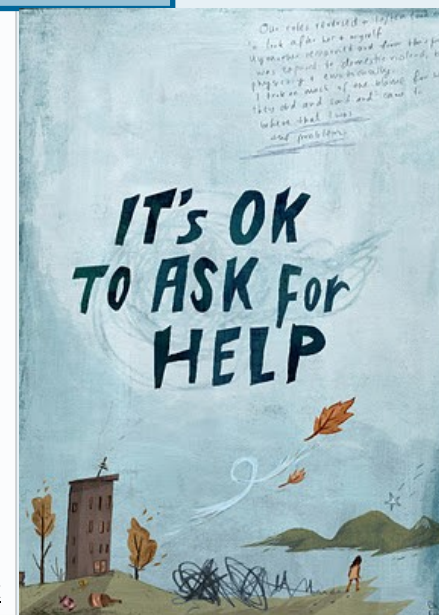
Download **LifeguardApp** today:



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.