

Cheamview Clubhouse

August 2021 Program Calendar

**8916 Mary Street
Chilliwack, BC V2P 4J4**

Clubhouse Hours

Monday to Friday
9am - 4pm

How to Connect With Us Virtually

Call: 604-792-5287

Text: 604-302-3759

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

Email: daveherie.ccs@gmail.com

shelleyduncan.ccs@gmail.com

jordanb.ccs@gmail.com



Creative Centre Society

Funding provided by:



CHEAMVIEW

Program Schedule | August 2021

Sign Up is required for ALL groups, including both in person and virtual

Mondays (*Except August 2nd)

11am – Craft Social (In Person/ZOOM)
 12:30pm-2pm – Workplace Social Skills Program (In Person)
 2pm – Baking (Facebook) *Except August 9
 6pm – Hearing Voices (ZOOM)

Tuesdays

10am – Clubhouse Walking Group (In Person)
 11am – Craft Social (In Person/ZOOM) *Except August 3 & 10
 2pm – Heavy Metal Therapy at the IPU (Closed Group)

Wednesdays

9:30am – Walking Group (In Person) *Except August 18
 11am – Life Skills: Employability (ZOOM) *Except August 4
 12pm– Diversity Discussion: LGBTQ2S+ (Facebook)
 1pm – Writing Skills (In Person/ZOOM) *Except August 4 and 11

Thursdays

10:30am – Mindfulness (Facebook)
 1pm – Member Meeting / Picnic Lunch (In Person. *Zoom August 26th)
 2pm – Heavy Metal Therapy (In Person)

Fridays

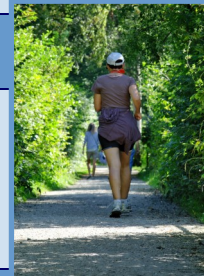
11am – Teaching Kitchen (In Person/Facebook) *Except August 6 and 13
 1pm – Employment Conversations (Facebook)
 2-3pm—Free lunch to-go *Except August 6 and 13
 Young Adults (In Person/ZOOM) 1 on 1 support by appointment

August 2nd is a civic holiday and the clubhouse will be closed!



Monday Workplace Social Skills Program is full. Contact the clubhouse to sign up for September.

Tuesday Walking group meets at:
 The Clubhouse Backyard



Wednesday Walking group meets at:
 August 4 – Sardis Park
 August 11– Fairfield Park
 August 25 - Peach Creek Trail (start at Lickman)

Thursday sign up by 11am for Member Meeting since meals and space are limited



Friday from 2-3pm come by the Clubhouse to pickup a Free To-Go Lunch. Sign up required by 4pm on Thursdays to reserve a meal.

Program Details

Craft Social – Come for crafting fun and socializing with others. Join in through ZOOM or attend in person at the Clubhouse. Bring your own project that you are already working on or we have crafting supplies for you to use.

Monday's group is reserved for those active with the Occupational Therapist Karisa

Tuesday's group is open to all clubhouse members. (Please sign up in advance as the group fills up quickly)

Workplace Social Skills Program – 6 week Program for groups of six participants to develop interpersonal social skills for work and life in general. July/August is currently full but please contact Jordan to sign up for September.

Baking—Join Shelley Monday afternoons for a baking session LIVE on the teaching kitchen group. Learn to bake breads, buns, cookies, cakes and much more from scratch. Contact Shelly if you need help gathering ingredients.

Hearing Voices - A support group for those who experience visual/auditory hallucinations. Sign up for this group has transitioned to the Communitas Peer Support Website. For more info/help signing up call the Clubhouse.

Clubhouse Walking Group – Rain or Shine. Meet Dave at the Clubhouse for a walk around the neighbourhood and coffee/water afterward

Park/Trail Walking Group - Join Jordan for a walk in the community. Rain or Shine! Check calendar for locations

Life Skills— Get together online (Zoom) to chat and discuss a variety of life skills / wellness tools and strategies.

Writing Skills— Sharpen up your writing skills! New writing prompts shared weekly and an opportunity to share what you have written.

Mindfulness—Shelley hosts a virtual mindfulness meditation session on Facebook via Watchparty

Member Meeting – Meet other members at the clubhouse, discuss clubhouse matters, and enjoy a bbq/picnic lunch!

Heavy Metal Therapy— Join Jordan downstairs or in the backyard to experience the benefits of music.

Teaching Kitchen- Watch on Facebook LIVE. Please call the clubhouse if you need help gathering ingredients, or if you would like to sign up to be a guest host.

Young Adults— Fridays, one-on-one support available by appointment all day. Contact Jordan. Last Friday in August is Waterslides. See young adults page for details.

Live Laugh Learn— Does not run July/August. Contact the Clubhouse if you're interested in participating in September

IMPORTANT NOTES

If you're having trouble staying cool during extreme heat events, contact the clubhouse for cooling tips and strategies. Cooling kits available.



One-on-One Computer Support or Usage

Please contact the Clubhouse if you would like to schedule a time for one-on-one computer support or to use one of our computers for job/housing search or personal connections/interest.

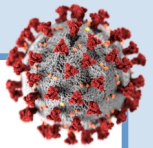
Employment Support – Tuesdays/Fridays @1pm– Join us on Facebook as we post employment resources, training opportunities, and job postings. Clubhouse staff will also be available to answer any employment related questions and support you in achieving your employment goals.

Food Security – If you are in need of food please connect with us, we can help!



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

ATTENTION



If you are feeling unwell please connect with us virtually and do not attend in-person programs. If you come to the Clubhouse sick you will be sent home

Virtual WRAP and RST sessions are available

To register for sessions go to: peersupportcsc.com

If you require any support signing up or have any questions

Email: wrapinfo@communitascare.com

Call: 1-800-211-0585

Supplies available at the Clubhouse:

*Naloxone Kits *Male/Female Condoms

*Feminine Hygiene including pads, tampons, liners.

Young Adults Program Free Waterslide Event!



**Friday August 27
10AM-3:30PM**



- Open to all clubhouse members and mental health clients ages 18.5-29
- Sign up by contacting the clubhouse on or before August 17th
- Meet at the clubhouse. Free transportation will be provided to and from the event
- Entrance fee will be covered
- Rain or shine

Fridays in August are also reserved for 1 on 1 support by appointment.

New to Young Adults?? Please join us anytime, you are always welcome. If you have any questions please contact Jordan.

Call 604-792-5287, text 604-302-3759, or email jordanb.ccs@gmail.com