

Cheamview Clubhouse

January 2021 Program Calendar

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

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



Clubhouse Hours
Monday to Friday
9am - 4pm
(12-4pm Friday for YA)



Creative Centre Society

Funding provided by:



CHEAMVIEW CLUBHOUSE

Clubhouse Program Schedule | January 2021

The Clubhouse will be closed

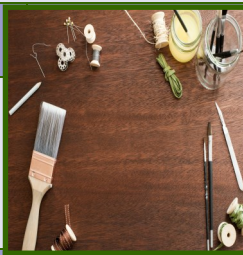
Friday January 1st, 2021

For New Years Day

Sign Up is required for ALL groups! Including both in person and virtual

Mondays

11am– Craft Club (In Person and ZOOM)
12pm– Mental Health Support (ZOOM)
2pm– Life Skills (In Person and Virtual)
6pm– Hearing Voices (Facebook Room)



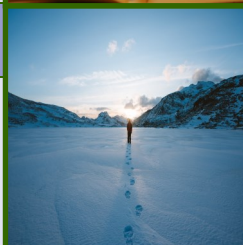
Tuesdays

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



Wednesdays

9:30am– Walking Group (In Person) *except 20th
10am– Housing Support (In Person and Virtual) *except 20th
11am– Wellness Tools (ZOOM) *except 20th
1pm– Employment Support (In Person and Virtual)



Thursdays

10am– Coffee Social (In Person)
10:30am– Mindfulness (Facebook)
2pm– Heavy Metal Therapy (In Person and ZOOM)



Fridays *The Clubhouse is closed January 1st

11am– Teaching Kitchen (In Person and Facebook)
12pm– Young Adults (In Person and ZOOM)
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 per room) and coffee will be served to-go!

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

Walking Group Locations:

6th– Sardis Park
13th– Fairfield Park
27th– Peach Creek



Young Adults Program

Fridays from 12-4pm (Virtually & In-Person)

Sign up for a timeslot. 12-1:45 or 2-3:45

To accommodate all Young Adults we will be hosting 2 time slots as we have limited in person space, Fridays 12-1:45 or 2-3:45. Both time slots will be hosted in a hybrid format with virtual and in person participation.

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

January 8th

Check in and Calendar Planning

Let the group know what's new for you and how things are going. Share experiences and advice with each other. Then we will come up with some ideas for COVID safe activities we can do in February

January 15th

Talk about Mental Health

Together we will talk and learn from each other as we discuss mental health and wellness.

January 22nd

Guest Speaker

Join in this discussion with a special guest speaker who is very involved with young adults living with mental illness as she shares information related to how you can succeed and improve your quality of life.

January 29th

Giving Back

Lets clean up the neighborhood. We will spend some time outdoors picking up garbage in the Clubhouse's neighborhood. If you plan to join virtually grab a bag and some gloves and pick up some garbage in your own neighborhood and then connect with the group virtually to let them know how it went!

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 for this virtual program.

Life Skills – Mondays @2pm - Join in as we discover important life skills related to mental health recovery and overall wellbeing. Topics include; budgeting, smart shopping, making connections in the community and more! Talk Suzanne to sign up to participate either virtually or in person.

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!

Housing Support– Wednesdays @10am - This group provides support and resources for anything housing related. Do you need help finding a place, support navigating tenancy laws or anything else housing related. Connect with Shelley to join in Virtually or in person.

Procedure for Groups

- You must Sign Up for ALL groups
- There is a maximum of 4-6 participants per group within the clubhouse (2 groups maximum).
- 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.
- There are ZOOM etiquette rules, please see page 8 for more details
- If you have a barrier contacting us please drop by to connect with staff.



More Program Details

Wellness Tools– Wednesdays @11am - 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 us on ZOOM.

Employment Support– Wednesdays @ 1pm - Are you interested in Employment? Join in this group for support and information related to employment. Including resume writing, interview skills, job searching and more! (Virtual or In Person)

Coffee Social– Thursdays at 10am– Come over for a chat and coffee and fellowship with others. We try to meet outside so please dress for the weather.

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

Heavy Metal Therapy– Thursdays @2pm— Join us in the basement or virtually to experience the benefits of heavy metal music.

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.

Young Adults– Fridays 12-4pm - A group for young people 19-30. Please see the Young Adults page in the newsletter (page 3) for more details.

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 in person as a group. If you are interested in this group please contact Suzanne

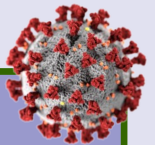
Employment

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

Contact the Clubhouse for more information or to make an appointment



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.

Welcome 2021

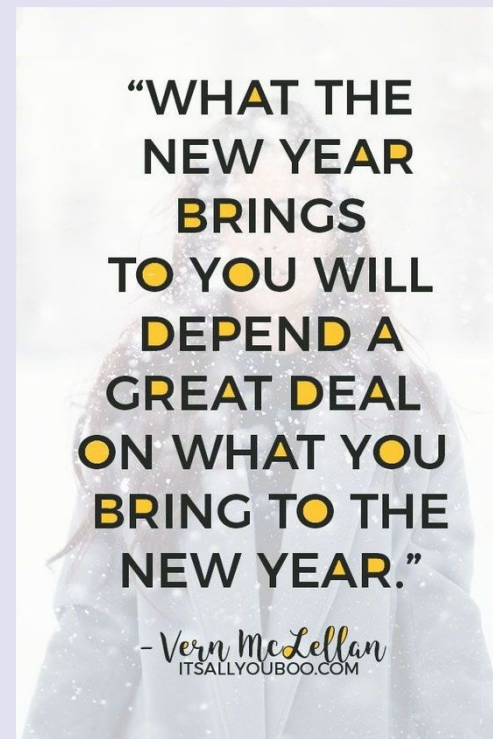
What does the start of the New Year mean to you? Making goals are great for anytime of the year but often brought up during the new years as it is seen as a fresh start for some.

Here are some resources to get you started on goals, remember that it is important for goals to be SMART these resources will explain more.

<https://www.camh.ca/en/camh-news-and-stories/making-good-on-your-new-years-resolutions>

<https://www.camh.ca/en/camh-news-and-stories/making-good-on-your-new-years-resolutions>

<https://www.youtube.com/watch?v=qJxvEKLxIJs>



IMPORTANT NOTES

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

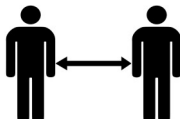
During in person groups and meetings staff and members must

- wear a disposable medical mask



- wash/sanitize hands

- temperature check



- pass risk assessment questions

- maintain physical distance

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



Sign up is required for all programs.

Please call or message the Clubhouse to sign up for any groups



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.

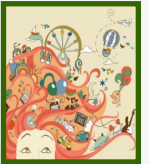
zoomEtiquette



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

WINTER 2021

Education Sessions for Families and Friends

The Fraser Health Family Support Services Team is offering virtual education sessions for families and friends who are supporting adults with mental health/substance use concerns. Our education sessions are open to the public, and no referral is required to register.



For more information and registration details, [click here](#). We will send you a Zoom invite for each session you would like to attend.

For more information about Family Support Services, go to www.fraserhealth.ca/familysupport or call our toll-free number 1 833 898 6200



Winter 2021 Schedule

Jan 12, 2021
5:00 pm – 7:00 pm
Exploring the Relationship between Mental Health and Substance Use

Jan 21, 2021
6:00 pm – 7:30 pm
Working with Mental Health and Substance Use Staff

Jan 28, 2021
6:00 pm – 7:30 pm
Journey of Recovery

Feb 4, 2021
6:00 pm – 7:30 pm
Mental Health Mood Disorders

Feb 11, 2021
6:00 pm – 7:30 pm
Mental Health Thought Disorders

Feb 18 & 25, 2021
6:00 pm – 7:30 pm
Substance Use (2 sessions)

March 11, 2021
6:00 pm – 8:00 pm
Advanced Care Planning

March 24, 2021
6:30 pm – 8:00 pm
Let's Talk about Medical Marijuana

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
Creative Centre Society
Cheam View Clubhouse
8916 Mary Street Chilliwack
604-792-5287



Please email Suzanne if you would like the link for these sessions

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.



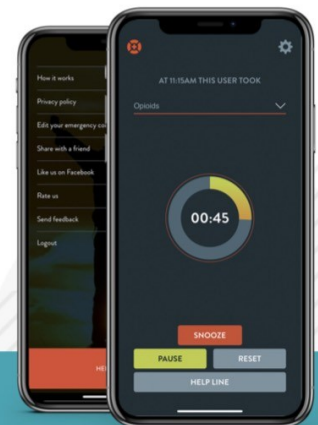
89% of overdoses happen while alone.

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.

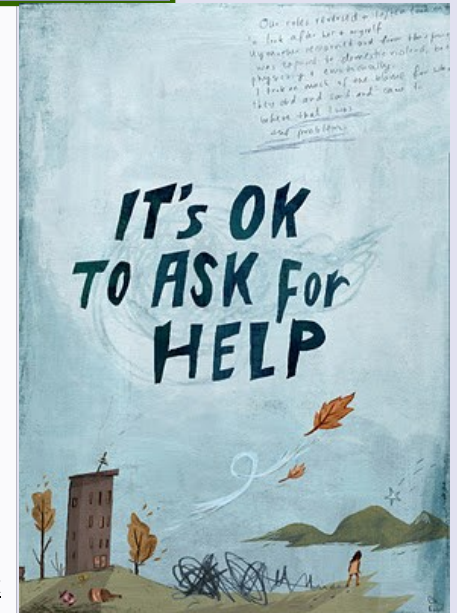
Download **LifeguardApp** today:



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.