

April 2025

- Art Space
- Music Therapy
- Diversity
- Wellness
- Vocational
- Recreation
- Arts & Crafts
- Young Adult (YA)
- E** Edmonds
- M** Metrotown

MON	TUES	WED	THURS	FRI
	1 <div>12 - 4 Art Space: Open Studio (E)</div>	2 <div>12 - 2 Boardgames & Pizza (E)</div> <div>2:30 - 4:30 Paint By The Numbers (E)</div>	3 <div>10:30 - 12:30 Walk @ Central Park</div> <div>1 - 3:30 In-House Movie: Members' Choice (E)</div>	4 <div>12 - 2 Grocery Bingo (E)</div> <div>MT: Individualized Sessions (M)</div>
7 <div>10:30 - 12:30 Walk @ Central Park</div> <div>12 - 2:30 Crochet Class (E)</div> <div>3:30 - 4:30 MT: Name That Tune (E)</div>	8 <div>12 - 4 Art Space: Acrylic Summer Painting (E)</div> <div>1 - 3:30 In-House Movie: Members' Choice (M)</div>	9 <div>12 - 2 Lunch & Learn: Chicken Casserole (E)</div> <div>1 - 4 Chinese Social: Rocky Point Park</div> <div>2:30 - 4:30 Boardgames & Snacks (E)</div>	10 <div>10:30 - 12:30 Walk @ Eileen Daily</div> <div>12 - 4 Art Space: Open Studio (E)</div>	11  <div>Professional Development Clubhouse Closed</div>
14 <div>10:30 - 12:30 Walk @ Deer Lake Park</div> <div>11 - 1 Global Bites: Afghan Cuisine Outing</div> <div>3 - 4:30 MT: Karaoke (E)</div>	15 <div>12 - 4 Art Space: Wooden Egg Painting (E)</div>	16  <div>10 - 4 Lakeland Tulip Festival Outing (\$5)</div> <div>MT: Individualized Sessions (E)</div>	17 <div>10:30 - 12:30 Walk @ Deer Lake Park</div> <div>1 - 2:30 Origami (E)</div> <div>3 - 4:30 In-House Movie: Stand-up Comedy (E)</div>	18  <div>Good Friday Clubhouse Closed</div>
21  <div>Easter Monday Clubhouse Closed</div>	22 <div>11:30 - 1 Digital Tools for Job Seekers @Tommy Douglas</div> <div>12 - 4 Art Space: Colour Theory (E)</div> <div>Landmark Movie Outing</div>	23 <div>12:30 - 2:30 YA Pickleball</div> <div>1 - 3 Landscape Needle Felting (E)</div>	24 <div>10:30 - 12:30 Walk @ Barnet Marine</div> <div>12 - 4 Art Space: Open Studio (E)</div>	25 <div>12 - 1 Orientation (E)</div> <div>2 - 3:30 Soundbath (M)</div>
28 <div>10:30 - 12:30 Walk @ Eileen Daily</div> <div>12:30 - 3 YA In-House Movie (E)</div> <div>3:30 - 4:30 MT: Electronic Beats (E)</div>	29 <div>12 - 4 Art Space: Composition of the Body (E)</div>	30 <div>12 - 2 Boardgames & Pizza (E)</div> <div>2:30 - 4 Beading Group (E)</div>	<div>MORE DETAILS ON THE BACK</div>	



ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the **hən̓q̓əmi̓n̓ ərn̓** and **Skwxwú7mesh** speaking peoples, and we are grateful to be on this territory.

PROGRAM DESCRIPTIONS

ALL PROGRAMS ARE BY REGISTRATION ONLY

ART SPACE (FORMERLY MAC)

This is a closed art program with a monthly fee. For more information, please reach out to Dawn.

- April 8: *Acrylic Summer Painting w/ Dennis*
- April 15: *Painting Wooden Eggs for Easter w/ Dennis*
- April 22: *Colour Theory and Wheel*
- April 29: *Drawing w/ Michael: Composition of the Body*
- *Open Studio* - A chance to practice techniques learned in workshops, prepare for art shows or work on current projects.

ARTS & CRAFTS

A judgment-free space to dive into the world of art, where you can express yourself and explore your creativity. Experience the therapeutic benefits of artistic expression, connection, and personal growth in a supportive, welcoming environment.

- April 2th - Paint by Numbers - come and paint on canvas, no experience required.
- April 7th - Kathleen is back to show us how to do some beginner crochet stitches.
- April 17th - Join Amar to learn simple origami.
- April 23rd - Join Dawn to learn how to needlefelt pictures.

LAKELAND TULIP FESTIVAL OUTING (\$5)

Join us as we take a field trip to Lakeland Flowers in Abbotsford. Registration must be completed with a \$5 non-refundable deposit at our Edmonds site; transportation and a light lunch will be provided. Register for more details.

MUSIC THERAPY (MT)

Join Martin for a variety of musical experiences designed to have therapeutic impact. Reach out to martin.grice@cmhavf.ca if you have questions on a particular music therapy group or are interested in individualized music therapy sessions that can cater to your specific music therapy needs.

SOUNDBATH

Come and experience waves of sound and vibrations moving through you and creating a peaceful meditative atmosphere.

W.A.V.E (WORK AND VOLUNTEER, EDUCATION)

Please contact Dawn by phone at (604) 218-0580, or via email to dawn.harms@cmhavf.ca to arrange for an appointment in person, on-line or over the phone.

BOARDGAMES

This is a judgement-free board game group for those of all experience levels to come learn and play board games. Maximum 2 sign-ups per month.

GLOBAL BITES: AFGHAN CUISINE OUTING

Join us as we try out different dishes from various cultures. For this month, we'll try Afghan cuisine.

DIGITAL TOOLS FOR JOB SEEKERS

@ TOMMY DOUGLAS LIBRARY

Discover strategies for building a strong online presence and finding job opportunities using various apps and platforms.

YOUNG ADULT (YA) PROGRAMS:

- April 23: *YA Pickleball*
- April 28: *YA In-House Movie*

CLUBHOUSE INFO

CLUBHOUSE IS FOR ECHO MEMBERS ONLY

NEW MEMBER REFERRALS – [Click here for the form!](#)

Referrals must be completed with a Primary Care Provider. Referrals must be sent via PARIS unless by a doctor, then they can be faxed to 604-526-7097 or emailed to echoclubhouse@cmhavf.ca. Once received, a staff member will reach out within 2 weeks to book an orientation.

CLUBHOUSE ORIENTATIONS

Clubhouse orientations give people the opportunity to learn what it means to be a member, visit the clubhouse, hear about our programs, and meet the team. It is a requirement to become a member and typically last 30-45mins. People are welcome to attend orientation before or after we receive a referral.

CANCELLATION POLICY

Please notify ECHO staff via phone or email at least 24 hours before a program starts if you won't be able to come. No-shows, and members with late notifications, will be waitlisted for other programs.

ONE-TO-ONE APPOINTMENTS

Staff are here to support members in identifying and achieving personalized goals and to provide emotional and listening support to anyone having difficulties in their life.

PROGRAM SPECIFIC QUESTIONS & REGISTRATIONS

Please talk to any ECHO staff member or email us at echoclubhouse@cmhavf.ca!

PROGRAM-SPECIFIC DETAILS WILL BE PROVIDED DURING CALL-OUTS