



FEB 2025

MON	TUE	WED	THURS	FRI
<p>3</p> <p>12 - 1:30 Beginner's Poker Game (E)</p> <p>3:30 - 4:30 MT: Name that Tune (E)</p>	<p>4</p> <p>12 - 4:30 Art Space: Open Studio (E)</p>	<p>5</p>  <p>Professional Development Clubhouse Closed</p>	<p>6</p> <p>10:30 - 12:30 Walk @ Central Park</p> <p>12 - 4:30 Art Space: Open Studio (E)</p>	<p>7</p> <p>12 - 2:30 Chinese New Year: Dumpling Making (E)</p> <p>2 - 4:30 In-House Movie: Action/Comedy (E)</p>
<p>10</p> <p>12 - 2 SIL: Valentine's Bookmarks (E)</p> <p>3:30 - 4:30 MT: Soundtrack of Your Life (E)</p>	<p>11</p> <p>12 - 4:30 Art Space: Watercolour Techniques #1 (E)</p>	<p>12</p> <p>12 - 1:30 Beginner's Gardening: Starting Seeds (E)</p> <p>2:30-4:30 Crafty Corner: Affirmation Ornaments (E)</p>	<p>13</p> <p>11:30 -12:30 Orientation (E)</p> <p>2 - 3 Troupe de Poetry: Valentine (E)</p>	<p>14</p> <p>Clubhouse Closed</p>
<p>17</p> <p><i>Family Day</i></p>  <p>Clubhouse Closed</p>	<p>18</p> <p>12 - 4:30 Art Space: Zentangles in Ink (E)</p> <p>1:30 - 4 In-House Movie: Nature Documentary (M)</p>	<p>19</p> <p>11:30 - 1 Tommy Douglas Tour & Waves Coffee Outing</p> <p>3:30 - 4:30 MT: Singalong (E)</p>	<p>20</p> <p>10:30 - 12:30 Walk @ Deer Lake</p> <p>12 - 4:30 Art Space: Open Studio (E)</p> <p>1 - 3 Chinese Restaurant Dim Sum Outing</p>	<p>21</p> <p>1:30 - 3:15 Toonie Skate (\$2)</p> <p>1:30 - 4 In-House Movie: Members Choice (E)</p>
<p>24</p> <p>10:45 - 12:45 Walk @ Eileen Daily</p> <p>11:30 -12:30 Orientation (E)</p> <p>3:30 - 4:30 MT: Karaoke (E)</p>	<p>25</p> <p>12 - 4:30 Art Space: Watercolour Techniques #2 (E)</p>	<p>26</p> <p>12 - 2 Grocery Bingo (E)</p> <p>2:30 - 4 In-House Movie: Romance/Drama (E)</p>	<p>27</p> <p>10:30 - 12:30 Walk @ Barnet Marine</p> <p>12 - 4:30 Art Space: Felted Landscapes (E)</p>	<p>28</p> <p>11:30 - 1:30 Boardgames & Pizza (E)</p> <p>1- 4 YA Cineplex Movie Outing</p>

- Art Space
- Music Therapy
- Diversity
- Wellness
- Vocational
- Recreation
- E Edmonds
- M Metrotown

MORE DETAILS ON THE BACK



ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the **hən̓q̓əmín̓ ərn̓** and **Sḵw̓xw̓7mesh** 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.

- Feb 11: *Watercolour Techniques #1.*
- Feb 18: *Zentangles in Ink.*
- Feb 25: *Watercolour Techniques #2.*
- Feb 27: *Needle felting pictures.*
- *Open Studio* - A chance to practice techniques learned in workshops, prepare for art shows or work on current projects.

TROUPE DE POETRY

Fresh, new & original Valentine's day poetry.

CRAFTY CORNER

This month's Craft Corner classes will be *Wooden Ornaments*: Painting or woodburning ornaments with affirmations & self-love.

YA MOVIE OUTING

Come join Jeff and other YA's as we watch an afternoon movie at Cineplex. More details to follow upon registration.

DIM SUM OUTING

Come and join us for Chinese Dim Sum at a restaurant. Please provide your allergies when registering.

GARDENING SERIES

The first in a series of stand alone classes on how to garden. Come learn how to grow plants from seeds. Members will take home a vegetable or herbs to grow at home.

TOMMY DOUGLAS TOUR & WAVES COFFEE OUTING

Join us for a tour of Tommy Douglas Library & a coffee at Waves Coffee afterwards.

MUSIC THERAPY (MT)

Join Martin for a variety of musical experiences designed to have therapeutic impact. Reach out to Martin 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.

DUMPLING WRAPPING

We will be teaching members how to wrap dumplings. Choices are vegetarian or pork & cabbage.

SIL (Social Isolation & Loneliness Group)

Join them to socialize and make some bookmarks. Registrants will be called with the location a day or two before.

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.

TOONIE SKATE

Join us for a leisurely afternoon skate for \$2. Location will be provided after registration.

Boardgames & Pizza

This is a judgement-free board game group for those of all experience levels to come learn and play board games and eat pizza. Vegan friendly options are always available.

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