

# JAN 2025

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

MON	TUE	WED	THURS	FRI
		<b>1</b>  <i>New Year's Day</i> <span style="background-color: #4a7ebb; color: white; padding: 2px;">Clubhouse Closed</span>	<b>2</b> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Open Studio (E)</span>	<b>3</b> <span style="background-color: #f39c12; color: white; padding: 2px;">12 - 1 Orientation (E)</span>
<b>6</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:45 - 12:45 Walk @ Central Park</span> <span style="background-color: #e91e63; color: white; padding: 2px;">12 - 2 Lunch &amp; Learn: 5 Levels of Communication (E)</span> <span style="background-color: #4db6ac; color: white; padding: 2px;">3:30 - 4:30 MT: Drum Circle (E)</span>	<b>7</b> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Open Studio (E)</span>	<b>8</b> <span style="background-color: #4a7ebb; color: white; padding: 2px;">Clubhouse Admin Day</span>	<b>9</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:30 - 12:30 Walk @ Eileen Daily</span> <span style="background-color: #4a7ebb; color: white; padding: 2px;">Clubhouse Closed</span>	<b>10</b> <span style="background-color: #2980b9; color: white; padding: 2px;">2 - 4 In-House Movie: Sci-Fi/Fantasy (E)</span>
<b>13</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:45 - 12:45 Walk @ Barnet Marine</span> <span style="background-color: #4db6ac; color: white; padding: 2px;">12-1:30 Financial Empowerment: Our Relationship With Money (E)</span> <span style="background-color: #2980b9; color: white; padding: 2px;">2 - 4 EPI Movie (E)</span>	<b>14</b> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Painted Tote bags (E)</span>	<b>15</b> <span style="background-color: #2980b9; color: white; padding: 2px;">12:30 - 3 YA Boardgames &amp; Pizza (E)</span>	<b>16</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:30 - 12:30 Walk @ Deer Lake</span> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Beginners Needle Felting (E)</span>	<b>17</b> <span style="background-color: #e91e63; color: white; padding: 2px;">12 - 1:30 Grocery Bingo (E)</span>
<b>20</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:45 - 12:45 Walk @ Eileen Daily</span> <span style="background-color: #e91e63; color: white; padding: 2px;">12 - 3 Crafty Corner: Beginners Crochet (E)</span> <span style="background-color: #2980b9; color: white; padding: 2px;">1 - 3 EPI Yoga &amp; Snacks (M)</span>	<b>21</b> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Perspective (E)</span>	<b>22</b> <span style="background-color: #4a7ebb; color: white; padding: 2px;">Clubhouse Closed</span>	<b>23</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:30 - 12:30 Walk @ Barnet Marine</span> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Open Studio (E)</span>	<b>24</b> <span style="background-color: #f39c12; color: white; padding: 2px;">12 - 1 Orientation (E)</span> <span style="background-color: #2980b9; color: white; padding: 2px;">2 - 3:30 Boardgames &amp; Snacks (E)</span>
<b>27</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:45 - 12:45 Walk @ Deer Lake</span> <span style="background-color: #2980b9; color: white; padding: 2px;">1 - 3 In-House Movie: Comedy (E)</span> <span style="background-color: #4db6ac; color: white; padding: 2px;">3:30 - 4:30 MT: Parody Songwriting (E)</span>	<b>28</b> <span style="background-color: #e67e22; color: white; padding: 2px;">12 - 4:30 Art Space: Perspective (E)</span>	<b>29</b> <span style="background-color: #e91e63; color: white; padding: 2px;">11 - 1:30 Pajama Brunch &amp; Member's Meeting (\$3) (E)</span> <span style="background-color: #e91e63; color: white; padding: 2px;">12-2 SIL: Coffee Social</span>	<b>30</b> <span style="background-color: #2980b9; color: white; padding: 2px;">10:30 - 12:30 Walk @ Queen's Park</span> <span style="background-color: #e91e63; color: white; padding: 2px;">12-2 Sound bath (M)</span>	<b>31</b> <span style="background-color: #e91e63; color: white; padding: 2px;">12-2 Crafty Corner: Felted Soap (E)</span>

MORE DETAILS ON THE BACK



ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the **hən̓q̓əmi̓n̓ ərn̓** and **Sḵw̓x̓w̓ú7mesh** 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.

- Jan 16: *Beginners Needle Felting* - Learn some basic techniques & how to make little animals.
- Jan 21: *Perspective drawing* from 1 point.
- Jan 28: *Perspective drawing* from 2 points.
- Jan 14: *Painted Tote Bags*.
- *Open Studio* - A chance to practice techniques learned in workshops, prepare for art shows or work on current projects.

#### FINANCIAL EMPOWERMENT

Our Relationship with Money looks at how we think and feel about money and empower us to reach financial well-being. This is the first of several financial workshops that will happen throughout the year.

#### CRAFTY CORNER

Themes for this month's Craft Corner classes will be:

- *Beginning Crochet*: Learn basic techniques like casting on, single, double and half double crochet with Kathleen who has been crocheting for over 30 years.
- *Wet felted Soap* with Dawn: Learn basic wet felting techniques. Can be used as a scrubby in the shower.

#### PAJAMA BRUNCH (\$3) & Member's Meeting

Come dressed in your most comfy pjs or onesies for brunch! Afterwards, we will have a member's meeting.

#### 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.

#### SIL (Social Isolation & Loneliness Group)

Join them for a coffee social in a local coffee shop to socialize and chase away the blues. 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](mailto:dawn.harms@cmhavf.ca) to arrange for an appointment in person, on-line or over the phone.

#### LUNCH & LEARN (\$3)

Come enjoy good food and gain insight into our relationship with different levels of communication.

#### Young Adults (YA): Boardgames & Pizza

Come and hangout at our Edmonds site for a time of boardgames and pizza.

## 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](mailto: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](mailto:echoclubhouse@cmhavf.ca)!

**PROGRAM-SPECIFIC DETAILS WILL BE PROVIDED DURING CALL-OUTS**