

REVISED

MAR

2025

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

MON	TUE	WED	THURS	FRI
<p>3</p> <p>10:30 - 12:30 Walk @ Eileen Daily</p> <p>Professional Development Clubhouse Closed</p>	<p>4</p> <p>12 - 4:30 Art Space: Open Studio (E)</p>	<p>5</p> <p>2 - 3 Orientation (E)</p> <p>MT: Individualized Sessions (M)</p>	<p>6</p> <p>10:30 - 12:30 Walk @ Central Park</p> <p>12 - 4:30 Art Space: Open Studio (E)</p> <p>1 - 2 Soundbath (M)</p>	<p>7</p> <p>12:30 - 2:00 Free Beginners Poker (E)</p> <p>2:30 - 4:30 In-House Movie: Members' Choice (E)</p>
<p>10</p> <p>10:30 - 12:30 Walk @ Central Park</p> <p>12 - 1:30 Budget & Goals (E)</p> <p>3:30 - 4:30 MT: Drum Circle (E)</p>	<p>11</p> <p>12 - 4:30 Art Space: Drawing the Face (E)</p> <p>2 - 4:30 In-House Movie: Members' Choice (M)</p>	<p>12</p> <p>1 - 4 Chinese Social: Waterfront Walk</p> <p>2:30 - 4:30 Cooking On a Budget Series (E)</p>	<p>13</p> <p>10:30 - 12:30 Walk @ Eileen Daily</p> <p>12 - 4:30 Art Space: Open Studio (E)</p> <p>10:00 - 12:30 (C) Microsoft Word Training</p>	<p>14</p> <p>1 - 3: Boardgames & Snacks (E)</p>
<p>17</p> <p>10:30 - 12:30 Walk @ Deer Lake</p> <p>12 - 2:30 Volunteer Appreciation Lunch (E)</p> <p>3:30 - 4:30 MT: Singalong (E)</p>	<p>18</p> <p>12 - 4:30 Art Space: Painting the Face (E)</p> <p>2 - 4:30 In-House Movie: Members' Choice (M)</p>	<p>19</p> <p>1 - 3 Garden Program (E)</p> <p>2 - 4 Boardgames & Snacks (E)</p>	<p>20</p> <p>10:30 - 12:30 Walk @ Deer Lake</p> <p>11:30 - 1:30 Grocery Bingo (E)</p> <p>2:30 - 4 Games: Trivia (E)</p>	<p>21</p> <p>1 - 4 : Vancouver Auto Show Outing</p> <p>MT: Individualized Sessions (E)</p>
<p>24</p> <p>10:30 - 12:30 Walk @ Barnet Marine Park</p> <p>1 - 3 Cooking On a Budget Series (E)</p> <p>3:30 - 4:30 MT: Basic Songwriting (E)</p>	<p>25</p> <p>12 - 4:30 Art Space: Collage with Mixed Media (E)</p> <p>Movie Outing w/ Phyllis</p>	<p>26</p> <p>1 - 4 Crafty Corner: Wet Felting (E)</p>	<p>27</p> <p>10:30 - 12:30 Walk @ Barnet Marine</p> <p>12 - 4:30 Art Space: Open Studio (E)</p>	<p>28</p> <p>1 - 4: Bubble Tea Workshop Outing</p> <p>MT: Individualized Sessions (E)</p>
<p>31</p> <p>10:30 - 12:45 Walk @ BC Parkway</p> <p>12 - 2:30 Lunch & Learn : Fashion Class (E)</p> <p>3:30 - 4:30 MT: Soundtrack of Your Life (E)</p>				

MORE DETAILS ON THE BACK



ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the **hən̓q̓əmín̓ əm̓** and **Sk̓wx̓wú7mesh** 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.

- Mar 11: *Drawing a Face*
- Mar 18: *Painting the face*
- Mar 25: *Collage*
- *Open Studio* - A chance to practice techniques learned in workshops, prepare for art shows or work on current projects.

FINANCIAL EMPOWERMENT SERIES:

Budget & Goals - Learn how using these techniques can help with savings.

CRAFTY CORNER

This month's Craft Corner classes will be *Wet Felting Techniques - was canceled in Jan due to injury*.

COOKING ON A BUDGET SERIES

Learn ways to save money by making things yourself from scratch. All classes will be stand alone. First in the series will be ways to work within a budget and things you can make from scratch. We will work within the seasons.

GARDENING

The 2nd in a series of stand alone classes on how to garden. Come learn how to grow plants, what makes healthy soil and how to transplant seedlings.

MICROSOFTWORD TRAINING @ TOMMY DOUGLAS LIBRARY

Learn how to create and save a document, format text and use templates in MS Word.

MUSIC THERAPY (MT)

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

This is a judgement-free board game group for those of all experience levels to come learn and play board games.

VANCOUVER AUTO SHOW OUTING

Join us as we explore the annual Auto Show at the Vancouver Convention Center. Program is by registration only; meeting location will be provided closer to the program date.

BUBBLE TEA WORKSHOP OUTING

Join us as we experience a bubble tea workshop at Gong Cha in New Westminster; [please inform us of any allergies](#). Meeting location will be provided closer to the program date.

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