

# ECHO CLUBHOUSE May 2024

| Mon  | Tue  | Wed   | Thurs  | Friday   |
|--|--|---|--|--|
| <p><b>Orange</b> – Vocational</p> <p><b>Blue</b> – Life Skills</p> <p><b>Green</b> – Recreation</p> <p><b>Red</b> – Diversity/Multicultural</p> <p><b>Purple</b> – Wellness</p>  | <p><u>Program Locations</u></p> <p>E – Edmonds</p> <p>M – Metrotown</p> <p>Ph – Phone</p> <p>Z – Zoom</p> <p>PL – Peer Led</p>   | <p>1<sup>st</sup></p> <p><b>12 – 4 Vocational Cooking (8 weeks, \$30) until June 19<sup>th</sup> (E)</b></p>              | <p>2<sup>nd</sup></p> <p><b>10.30 – 12.30 Walking Group with Justin @ Central Park (PL)</b></p>  | <p>3<sup>rd</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p> <p><b>Staff Training</b></p> |
| <p>6<sup>th</sup></p> <p><b>10.30 – 12.30 Walking Group with Pauline @ Central Park (PL)</b></p> <p><b>Staff Training</b></p>  | <p>7<sup>th</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p> <p><b>1.30 - 4 W.A.V.E Workspace (M / Z / Ph)</b></p> <p><b>2 – 5 In-House Movie (M)</b></p>                                     | <p>8<sup>th</sup></p> <p><b>12 – 4 Vocational Cooking (E)</b></p>   | <p>9<sup>th</sup></p> <p><b>10.30 – 12.30 Walking Group with Justin @ Eileen Daily Track (PL)</b></p> <p><b>12 – 2 Lunch &amp; Learn: Cream Soup and Sandwich (\$3) / Members Meeting (E)</b></p> <p><b>2 – 4 Drop in Social</b></p> | <p>10<sup>th</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p>                             |
| <p>13<sup>th</sup></p> <p><b>10.30 – 12.30 Walking Group with Pauline @ Deer Lake (PL)</b></p> <p><b>2 – 4 Actively Artistic: Painting &amp; Planting with Jan (E)</b></p> <p><b>1 – 4 Bowling Outing @ REVS (\$3)</b></p> | <p>14<sup>th</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p> <p><b>1.30 - 4 W.A.V.E Workspace (M / Z / Ph)</b></p> <p><b>1 – 2:30 Orientation (M)</b></p> <p><b>3 – 5 Chill Café (M)</b></p> | <p>15<sup>th</sup></p> <p><b>12 – 4 Vocational Cooking (E)</b></p> <p><b>1 – 4 Chinese Social: Lonsdale Quay (PL)</b></p> | <p>16<sup>th</sup></p> <p><b>10.30 – 12.30 Walking Group with Justin @ Deer Lake Park (PL)</b></p> <p><b>1 – 3 Actively Artistic: Drawing with Brenda (E)</b></p> <p><b>4 – 5 Music Therapy: (E)</b></p>                             | <p>17<sup>th</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p>                             |
| <p>20<sup>th</sup></p> <p><b>Victoria Day (Clubhouse Closed)</b></p>   | <p>21<sup>st</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p> <p><b>1.30 - 4 W.A.V.E Workspace (M / Z / Ph)</b></p> <p><b>2 – 5 In-House Movie (M)</b></p>                                    | <p>22<sup>nd</sup></p> <p><b>12 – 4 Vocational Cooking (E)</b></p>  | <p>23<sup>rd</sup></p> <p><b>10.30 – 12.30 Walking Group with Justin @ Barnet Marine Park (PL)</b></p> <p><b>12 – 4 Drop in Social (E)</b></p> <p><b>4 – 5 Music Therapy: (E)</b></p>  | <p>24<sup>th</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p>                             |
| <p>27<sup>th</sup></p> <p><b>10.30 – 12.30 Walking Group with Pauline @ Eileen Daily Track (PL)</b></p> <p><b>12 – 2 Lunch &amp; Learn: Chicken Casserole (\$3) (E)</b></p> <p><b>2 – 4 Drop in Social</b></p>             | <p>28<sup>th</sup></p> <p><b>11 - 2 MAC: My Artists Corner (E)</b></p> <p><b>1.30 - 4 W.A.V.E Workspace (M / Z / Ph)</b></p> <p><b>1 – 2:30 Orientation (M)</b></p> <p><b>3 – 5 Chill Café (M)</b></p> | <p>29<sup>th</sup></p> <p><b>12 – 4 Vocational Cooking (E)</b></p>  | <p>30<sup>th</sup></p> <p><b>10.30 – 12.30 Walking Group with Justin @ Central Park (PL)</b></p> <p><b>Peer Navigators Launch Event (E)</b></p>  | <p>31<sup>st</sup></p> <p><b>11 - 4 MAC: My Artists Corner (E)</b></p>                             |

## Clubhouse & Program Reminders:

- Attendance is by booking only. It will be first come first serve.
- Remember to set personal reminders of programs you signed up to.
- Capacity at each program varies.
- Doors will open when program starts and not before. Please do not knock on the door before then as we are either preparing for the program or taking a break.
- Hand sanitizer and washing of hands is encouraged when in the clubhouse.
- If you are unwell, please reach out to staff for guidance and consider staying at home.



## Program Descriptions

- **Actively Artistic:** For this month, there are two actively artistic classes: May 13 (Painting & Planting with Jan); May 16 (Drawing with Figurines with Brenda). Both classes are designed for all levels.
- **Online Games & Social:** Do you wanna have fun, and not have to leave your house? Do you like prizes? If you answered yes to both, then come join Herbie as he hosts a drop-in virtual gaming sesh!
- **YA (YOUNG ADULT) Programming (for members 19-29):** YAs have the opportunity to learn and develop practical and social skills, build independence and connect with other young adults that experience mental health barriers. This month's programming includes a larger bowling outing (\$3) at REVS. Also, a reminder that most programs have a couple of spots allocated to YA members.
- **W.A.V.E (Work, Aspirations, Volunteer, Education) Programming:** Each member who signs-up for the W.A.V.E drop-in program can expect a 50 minute 1:1 meeting dedicated to their specific goals or interests. Examples include resume and cover letter writing, practice interviews, vocational goal setting/planning or exploring job, volunteer, and education opportunities.
- **Vocational Cooking Course:** This 8-week course is for those of you who are thinking about working in the cooking industry or volunteering in a kitchen. This is a in depth look at cooking and baking. There will be homework, including cooking at home on your own time. Must be good with instructions, using a knife and have a space to cook in at home. Please contact Dawn at Echo, registration will be given to those that fit these criteria. Cost is \$30.00. Please see staff if cost is an issue.

## Clubhouse Information

### One-to-One Appointments

As well as our monthly programming staff continue to provide ongoing individual support to members either in person, by phone or virtually on zoom.

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

### Referrals

ECHO is accepting new referrals.

Referrals must be completed with a Primary Care Provider.

Referrals must be sent by 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 contact the potential member within 2 weeks to book an orientation.

### 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 attend an orientation to become a member and they typically last 30-45mins. People have the option to join group orientations (included in our monthly calendar) or schedule an individual orientation with a staff member in person, by phone or zoom. People are welcome to attend an orientation before or after we receive a referral.