

# ECHO CLUBHOUSE April 2024

Mon	Tue	Wed	Thurs	Friday
<p>1<sup>st</sup></p> <p><b>Easter Monday</b></p>	<p>2<sup>nd</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p>	<p>3<sup>rd</sup></p> <p><b>Staff Training</b></p>	<p>4<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Justin @ Central Park (PL)</b></p> <p>12-4 <b>Social drop in &amp; games (E)</b></p>	<p>5<sup>th</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p>
<p>8<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Pauline @ Central Park (PL)</b></p>	<p>9<sup>th</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p> <p>1.30 - 4 <b>W.A.V.E Workspace (M / Z / Ph)</b></p> <p>2:30-5 <b>In house Movie (M)</b></p>	<p>10<sup>th</sup></p> <p><b>Staff Training</b></p>	<p>11<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Justin @ Eileen Daily (PL)</b></p> <p>12-2 <b>Lunch &amp; Learn: Member's Meeting – Lasagna \$3 (E)</b></p> <p>2-4 <b>Drop in Social (E)</b></p> <p>4-5 <b>Music Therapy (E)</b></p>	<p>12<sup>th</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p>
<p>15<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Pauline @ Eileen Daily (PL)</b></p> <p>1-3 <b>Peer Nav info session (E)</b></p> <p>1-3 <b>SIL Coffee Outing @ Tim Horton's (PL)</b></p>	<p>16<sup>th</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p> <p>1.30 - 4 <b>W.A.V.E Workspace (M / Z / Ph)</b></p> <p>1 - 4 <b>YA outing to Science World (\$5)</b></p> <p><b>Movie Outing w/ Phyllis @ Landmark Cinemas (\$10)</b></p>	<p>17<sup>th</sup></p> <p>12-3 <b>Vocational Cooking (8 weeks) \$30 (till Jun 5<sup>th</sup>) (E)</b></p> <p>1-4 <b>Chinese Social: Granville Island (PL)</b></p>	<p>18<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Justin @ Deer Lake (PL)</b></p> <p>12-2 <b>Grocery Bingo (E)</b></p> <p>3-5 – <b>Actively Artistic: painting fabric bags (wear old clothing) (E)</b></p>	<p>19<sup>th</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p>
<p>22<sup>nd</sup></p> <p>10.45 – 12.30 <b>Walking Group with Pauline @ Barnet Marine Park (PL)</b></p> <p>12-2 <b>Lunch &amp; Learn: Earth Day – Buddha bowls (\$3) (E)</b></p> <p>2-4 <b>Drop in Social (E)</b></p>	<p>23<sup>rd</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p> <p>1.30 - 4 <b>W.A.V.E Workspace (M / Z / Ph)</b></p> <p>2:30-5 <b>In house Movie (M)</b></p>	<p>24<sup>th</sup></p> <p>12-3 <b>Vocational Cooking (E)</b></p>	<p>25<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Justin @ Barnet Marine (PL)</b></p> <p>1-3 <b>Actively Artistic: making your own sketch book/drawing class (E)</b></p> <p>4-5 <b>Music Therapy (E)</b></p>	<p>26<sup>th</sup></p> <p>11 - 4 <b>MAC: My Artists Corner (E)</b></p>
<p>29<sup>th</sup></p> <p>10.45 – 12.30 <b>Walking Group with Pauline @ BC Parkway (PL)</b></p> <p>12-2 <b>ChatGPT (E)</b></p> <p>2:30-4 <b>Orientation (E)</b></p>	<p>30<sup>th</sup></p> <p>11 - 2 <b>MAC: My Artists Corner (E)</b></p> <p>1.30 - 4 <b>W.A.V.E Workspace (M / Z / Ph)</b></p>		<p><b>Orange – Vocational</b></p> <p><b>Blue – Life Skills</b></p> <p><b>Green – Recreation</b></p> <p><b>Red – Diversity/Multicultural</b></p> <p><b>Purple – Wellness</b></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>

## ECHO PROGRAM *(Education, Community, Health, Options)*

**Edmonds Clubhouse:** # 109-7355 Canada Way, Burnaby, BC V3N 4Z6 | **Phone:** 604-526-9606

**Metrotown Clubhouse:** #102 6125 Sussex Ave, Burnaby, BC, V5H 4G1 | **Phone:** 604 291 8846

**Fax:** 604-526-7097 | **Email:** [echoclubhouse@cmha.bc.ca](mailto:echoclubhouse@cmha.bc.ca)

ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the həñ ǫ əmiñ əm and Skwxwú7mesh speaking peoples, and we are grateful to be on this territory.



### Program Descriptions

- **Movie Outing w/ Phyllis:** Enjoy an afternoon movie at Landmark Cinemas with the company of your fellow members. Members pay full ticket cost, will receive \$5 reimbursement upon receipt of ticket to ECHO staff.
- **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 programs include an outing to the Museum of Vancouver (MOV). 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:** 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.bc.ca](mailto:echoclubhouse@cmhavf.bc.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.