

June 2025

- Art Space
- Music Therapy
- Diversity
- Wellness
- Vocational
- Recreation
- Arts & Crafts
- Young Adult (YA)
- E** Edmonds
- M** Metrotown

MON	TUES	WED	THURS	FRI
2 10:30 - 12:30 Walk @ Central Park MT: Individualized Sessions (E)	3 12 - 4 Art Space: Open Studio (E) 12:15 - 2:30 Pickleball	4 1 - 3 Grocery Bingo (E)	5 10:30 - 12:30 Walk @ Central Park 1 - 3 Cooking On A Budget: Making Jam (E)	6 11 - 1 YA Basketball w/ EPI & BMH 2 - 4 Boardgames & Samosas (E)
9 10:30 - 12:30 Walk @ Deer Lake Park 12:30 - 3 YA Boardgames & Switch w/ EPI (E) 3:30 - 4:30 MT: Soundtrack Of Your Life (E)	10 12 - 4 Art Space: Drawing Feet (E) 2 - 4 In House Movie (M)	11 12 - 3 Chinese Canadian Museum Outing (\$5) 1 - 3 Acting Read Along (M)	12 10:30 - 12:30 Walk @ Eileen Daily Track 12 - 4 Art Space: Painting Peacocks (E)	13 12 - 1 Orientation (E)
16 10:30 - 12:30 Walk @ Eileen Daily Track 12 - 2 Crochet Class: Level 2 (E)	17 12 - 4 Art Space: Abstract Acrylic Painting (E) 2 - 4 In House Movie (M)	18 1 - 3:30 YA Bunny Café Outing 1 - 4 Chinese Social: Lonsdale Quay 3:30 - 4:30 MT: Name That Tune (E)	19 10:30 - 12:30 Walk @ Deer Lake Park 12 - 4 Art Space: Open Studio (E)	20 2 - 4 Culture Quest: Bill Reid Gallery Outing (\$5) MT: Individualized Sessions (E)
23 10:30 - 12:30 Walk @ Barnet Marine Park 12:30 - 2:30 Lunch & Learn: Tacos (E) 3 - 4:30 MT: Karaoke (E)	24 12 - 4 Art Space: Wet felting Soap (E)	25 1 - 3 Bowling Outing (\$3) 2 - 3:30 Beading Group (E)	26 10:30 - 12:30 Walk @ Barnet Marine Park 12 - 4 Art Space: Open Studio (E)	27  11 - 4:30 Sports Day & BBQ (E)
30 10:30 - 12:30 Walk @ BC Parkway 12 - 3 Jan's Creative Corner (E) 3:30 - 4:30 MT: Drum Circle (E)				

MORE DETAILS ON THE BACK





ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the hən̓q̓əmi̓n̓ ərn̓ and Skwxwú7mesh 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.

- June 10: *Drawing Feet w/ Michael* - Session focused on capturing the structure and movement of the lower extremities.
- June 12: *Painting Peacocks w/ Neena* - Paint a vibrant peacock, India's national bird, in this fun acrylic painting activity.
- June 17: *Abstract Acrylic Painting w/ Marlene* - Join us in welcoming Marlene for her first Echo class as she leads a fun abstract acrylic painting session.
- June 24: *Wet Felting Soap w/ Dawn*
- *Open Studio* - A chance to practice techniques learned in workshops or work on current projects.

ARTS & CRAFTS

A judgment-free space to dive into the world of art, where you can express yourself and explore your creativity. Experience the therapeutic benefits of artistic expression, connection, and personal growth in a supportive, welcoming environment.

- June 11th: *Acting Read Along:* Join Amar & Martin for a lively drama read-along, where we will bring classic scripts like Alice in Wonderland and Toy Story to life. No previous acting experience necessary.
- June 16th: *Crochet Class Level 2:* Must know how to make a chain prior to coming to this class.
- June 25th: *Beading Group*
- June 30th: *Jan's Creative Corner*

MUSIC THERAPY (MT)

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

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.

CULTURE QUEST: BILL REID GALLERY (\$5)

We're heading to the Bill Reid Gallery for some inspiring art as we celebrate National Indigenous People's Day.

CHINESE CANADIAN MUSEUM OUTING (\$5)

Come and check out the Chinese Canadian Museum and exhibits displaying the history, contributions, and heritage behind Chinese Canadians.

PICKLEBALL

Come join us for pickleball; location will be provided closer to the program date. Equipment will be provided & bring water/change of clothes if necessary.

YOUNG ADULT (YA) PROGRAMS:

- June 6: *Basketball w/ EPI & BMH @ Bonsor:* Join Jeff, EPI & BMH for a chill afternoon of basketball.
- June 9: *Boardgames & Switch w/ EPI:* Pizza will be provided; let Jeff know of any allergies/food restrictions.
- June 18: *Bunny Cafe Outing:* Join us as we head to the bunny cafe in Vancouver (not advisable if you're allergic).

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

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

