

IMAGINE

CMHA - VANCOUVER FRASER BRANCH ECHO (EDUCATION, COMMUNITY, HEALTH OPTIONS) NEWSLETTER

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The imagine newsletter is always looking for contributors...

We want your input and creativity! If you have a program you would like to promote, art to submit, a poem to share, an update from the community, or any other ideas, speak to Meredith or email her at:

meredith.charbonneau@cmha.bc.ca

A big thank-you to MAC for adding wonderful art every month, Benjamin for his creativity in Poet's Corner, and to all other members for their imaginative input!



PROGRAMS IN APRIL

CREATIVE WRITING

**EASTER EGG
DECORATING**

COOKING FOR ECHO

**ME, MYSELF AND YOU:
BEING MENTALLY
STRONG**

IMPROV!

**VOLUNTEER
APPRECIATION
CEREMONY**

VOCATIONAL LOUNGE

**KRISTINA'S WORK
KORNER: GET YOUR
RESUME READY!**

**WAKE UP YOUR
WELLNESS**

*"Out beyond ideas of
rightdoing and
wrongdoing, there is a field,
I will meet you there.. "*

- RUMI

APRIL NEWS

CLOSURES

Edmonds: April 2nd for Easter Monday, April 23rd, 24th, and 26th for Wake Up Your Wellness

Gilmore: See the Gilmore calendar for closures!

PROGRAMS

Creative Writing: Express your creative side with Shakeel as he guides you through writing exercises. Beginners welcome!

Easter Egg Decorating: Even though it's after Easter, it is still fun!

Cooking for ECHO: Help us to prepare big batch meals for mini-mart. In order to help out, you must sign-up on the freezer at Edmonds ahead of time (3-4 people may help per session). Those who help get a free meal!

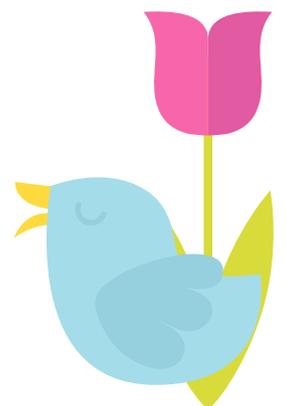
Me, Myself, and You: Join us for a conversation and tools for practicing mental strength and resiliency

Improv: Join Kristina and T for this fun and spontaneous drama workshop. No experience necessary.

Volunteer Appreciation Ceremony: This is an opportunity to thank all of our member volunteers who do so much to ensure the Clubhouse runs smoothly. From April 16th-20th we will have free coffee all week, and a free toonie lunch on April 19th as a thank you for all your hard work!

Vocational Lounge: Are you working or actively looking for work? This is an opportunity to connect with other members who share similar experiences.

Kristina's Work Korner: Explore your work-related skills with Kristina in her monthly vocational workshop. This month will focus on getting your resume ready.



MEMBER'S MEETING

Member's meetings are your chance to have share your input on programs, outings, and ECHO in general. Our next member's meeting will be held on February 1st. We would love to hear your ideas and feedback, all members welcome! Treats will be provided for those who attend. Minutes from last member's meeting are below:

1. IPU visits - Just a reminder that if members are in hospital and want a visit, ECHO staff will try our best to arrange a time to come and visit, depending on staff availability. We cannot come and visit unless we have your permission either ahead of time or at the time. Members can either give ECHO a call from the hospital, or come talk to ECHO staff at any time if they have questions about hospital visits.
2. Walking group - many people have asked for walking group to return, so it will be back on the calendar in May.

Suggestions: offering walks in the community from different starting points (not Edmonds), with different levels of difficulty, as well as walks in parks across Burnaby.

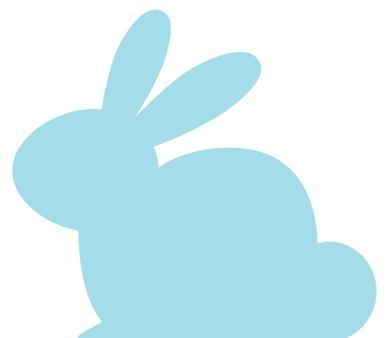
3. Gifts for staff - as we have a staff member leaving this month, just a reminder that ECHO staff cannot accept gifts larger than a small snack from members, especially those with monetary value like gift cards or lottery tickets. We recognize that buying gifts is really important to some of our members (and means so much to us!) but due to our policies, only small snacks that can be shared among staff can be received. We always accept and appreciate cards :)

COMING UP NEXT MONTH



Let's Cook!

Mental Health Walk



YA PROGRAM

PROGRAMS ON THIS PAGE ARE FOR ADULTS 19-35!

CHECK OUT THE YA CALENDAR FOR EVENTS THIS MONTH!
LIMITED SPACE FOR SOME EVENTS - MAKE SURE YOU REGISTER!



06

YA OPEN LOUNGE

- o No sign-up required, just drop in and enjoy.
- o Snacks will be provided!
- o Meet at Edmonds 5 - 8pm.

YA COMMUNITY KITCHEN

Please RSVP to Shakeel so he knows how much food to buy! .

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CREATIVE EXPRESSIONS

Craft to be announced closer to the day



17

NO YA PROGRAMMING TONIGHT!

See you next month :)

24





Feeding Your Spirit

Come out and join us at the Edmonds site

We create a safe space to talk freely about spirituality and have great conversations discovering together!



The Light Returning
April 18th at 1:30

After making it through some of the darkest days of the year, we will talk about how different spiritual groups view the light returning in the spring.

Me, Myself and You

Being
Mentally
Strong



SHUTTERSTOCK

Join us for this workshop which will focus mental resiliency. We will talk about tools for abolishing unhealthy beliefs and developing healthy mental habits.

April 11th at 1:30

tgif: thank goodness it's briday

DATE

TIME AND ACTIVITY

PLACE

April 6th

N/A

N/A

April 13th

N/A

N/A

April 20th

Bowling at Rev's
4:30-6:30

Holdom Skytrain
Station

April 27rd

Movie and Pool
Tournament
5:00-8:00

Edmonds site

toonie lunches



April 5th

Chicken burgers & Caesar salad

April 12th

Cobb salad & cheddar biscuits

April 19th

Homemade lasagna

April 26th

Wake Up Your Wellness, no lunch

MAC NEWS

DON'T FORGET

ACTIVELY ARTISTIC

Thursday, April 12th and
26th at 1:30



Birthday Celebration
Friday April 13th at
Burnaby Mental Health
Join MAC members at
BMH on April 13th in the
afternoon (1pm - 4pm) to
celebrate our 10th
birthday! There will be
cake at 3pm.

The next MAC Show,
Galaxy!

MAC will hold the show
'Galaxy' at the 100 Braid
Street Gallery on Saturday
April 7th! 100 Braid Street
is very close to the Braid
Street Station in New
Westminster. Visit us there
between 10am and 5pm,
check out the silent auction,
the hourly raffle prizes and
the Birthday cake at 3:30!

SATURDAY APRIL 7
10:00 AM - 5:00PM

My Artists Corner
presents

GALAXY

Art for the heart and mind

100 BRAID ST STUDIOS
200-100 BRAID ST
NEW WESTMINSTER



A group of artists who live with mental health issues

Poet's Corner

Last Call for Love

Sitting round mixing it up
Took another drink from my cup
Well push comes to shove
Drink up, it's last call for love

Times up, if you've been waiting
Stay with the one you've been playing
Time is now to kiss the dove
Drink up now, it's last call for love

Boo hoo hoo, what can I do
Times running out for loving you
It's now or never
To mix it up with lust
So chug a lug, it's last call for love

Drunken and stirring
Young but I'm learning, alcohol love
Burning alive with you in my cup
Times up for this loving you stuff
Ladies and gentlemen
It's last call for love

By: Benjamin

It comes as no surprise
dawn-breaks, all rise
to keep our eyes
wide open of the prize
some may come in disguise
whether, forgive the ones we despise
hearing the unforgettable cries
in remembrance of the filthy lies
may we spare some or none to our demise
believe the tales of the elders whom are wise
forever-young, souls never dies

By: Karen

Do you not see
How strong you are
All those times
The world
Has forced you to your knees
And still
You continue to rise

survivor

-L.E. Bowman

