

START WHERE YOU ARE.

USE WHAT YOU HAVE.

DO WHAT YOU CAN.



ECHO'S YOUNG ADULT PROGRAM

January 2019

PLANT SEEDS!

Monday	Tuesday	Wednesday	Thursday	Friday
December 31	1	2 NEW YEAR'S BREAKFAST BUFFET (FREE): 10am-12pm GAMES 12pm-4pm At Edmonds Clubhouse * Not a YA only event	3 BYE BYE BRITTANY! (GOING AWAY PARTY) 5-8PM AT EDMONDS CLUBHOUSE * Not a YA only event	4 OPEN LOUNGE *Evening will include an important meeting about ECHO's Young Adult Program* 5-7:30pm at Edmonds Clubhouse *Free
7	8 CREATIVE EXPRESSIONS 5-8pm at Edmonds Clubhouse - VISION BOARDS - *Free	9	10	11
14	15 COMMUNITY KITCHEN 5-8pm at Edmonds Clubhouse - PIZZA - *Free **RSVP by January 13th	16	17	18 BOWLING @ REVS 4:30-6:30pm (Free) *Please note, 1 slice of pizza will be served to those at Rev's before 5:00pm. * Not a YA only event
21 WAKE UP YOUR WELLNESS! 10:30am-3:15pm at Edmonds Clubhouse * Not a YA only event	22	23 WAKE UP YOUR WELLNESS! 10:30am-3:15pm at Edmonds Clubhouse * Not a YA only event	24 WAKE UP YOUR WELLNESS! 10:30am-3:15pm at Edmonds Clubhouse * Not a YA only event	25 CLASSY CAFÉ (POETRY NIGHT) 6-8pm at Edmonds Clubhouse * Not a YA only event
28	29	30	31	February 1 OPEN LOUNGE - SNACKS & HANGOUTS - 5-8pm at Edmonds Clubhouse *Free

SEE DETAILS OF ALL EVENTS AND PROGRAMS ON THE SECOND PAGE!

YOUNG ADULT OPEN LOUNGE

- **First Lounge of 2019!**
- **At Edmonds Clubhouse 5-7:30pm (please try to arrive to this month's lounge by 5pm)**
- The evening will include an important meeting about the future of ECHO's Young Adult program. There will also be an opportunity to share your ideas and suggestions for activities in 2019.
- No sign-up required
- Snacks served around 6:30pm
- FREE

YOUNG ADULT CREATIVE EXPRESSIONS

- **At Edmonds Clubhouse 5-8pm**
- *VISION BOARDS (a collage of images and affirmations of one's dreams and aspirations, designed to serve as a source of inspiration and motivation)*
- FREE

YOUNG ADULT COMMUNITY KITCHEN

- **At Edmonds Clubhouse 5-8pm**
- PIZZA
- ***Please RSVP by January 13th**
- FREE

WAKE UP YOUR WELLNESS!

- Wake Up Your Wellness appointments are an opportunity for ECHO members to meet 1-to-1 with a staff member to look at your wellness journey. The purpose of having these discussions is to best support all ECHO members during their time with us! If you already have goals with other people in your life (case manager, doctor, counsellor, et cetera) please bring that goal in, so we can help support you in the best way we can!
- **You must sign up for an appointment. Time slots are 45 minutes long and we ask that you arrive 15 minutes prior to your appointment time.** Come into Edmonds to sign up or let Shakeel know when works for you!

****AFTER SIX WONDERFUL YEARS SPENT AT ECHO, BRITTANY IS MOVING ON TO THE NEXT CHAPTER OF HER BOOK. SHE IS GOING TO HELP START A YOUTH BEREAVEMENT PROGRAM WITH THE CROSSROADS HOSPICE SOCIETY. COME SAY GOODBYE ON THURSDAY JANUARY 3RD AT 5:00PM (AT EDMONDS CLUBHOUSE) ****

Need to contact ECHO?

Young Adult contact phone: 778-986-3039

Edmonds (604) 526-9606
109 - 7355 Canada Way

Gilmore (604) 291-8846
501- 4190 Lougheed Hwy (5 min walk from Gilmore Skytrain)

Check out our website: <http://vancouver-fraser.cmha.bc.ca/echo>

WANT MORE YA PROGRAMS? CHECK OUT THESE OTHER OPPORTUNITIES FOR YOU TO CONNECT

Join Dave at New Leaf Clubhouse for his Young Adult Program every Thursday 2-7pm

Contact Dave for details 778-938-7135
New Leaf Clubhouse: 1115 6th Ave, New Westminster