ISSUE 76 | OCTOBER 2018

IMAGINE

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

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PROGRAMS IN OCTOBER

Decorate for Halloween
Creative Writing
World Mental Health Day
Kristina's Work Korner
DIY Gift in a Jar
Halloween Baking
Halloween Party

The Imagine newsletter is always looking for contributors...

We want your input and creativity! If you have a program that you would like to promote, art to submit, a poem to share, an update from the community, or any other ideas, speak to Courtney or email her at: courtney.kassem@cmha.bc.ca

OCTOBER NEWS

CLOSURES

Edmonds: October 8th (Thanksgiving)
October 22nd & 24th (Wake Up Your Wellness)
October 25th (CMHA Staff Training)
Gilmore: See the Gilmore calendar for closures!

PROGRAMS

Decorate for Halloween: Join Kristina and Shakeel and help to get the clubhouse looking festive for Halloween!

Creative Writing: Join Shakeel and get your creative juices flowing.

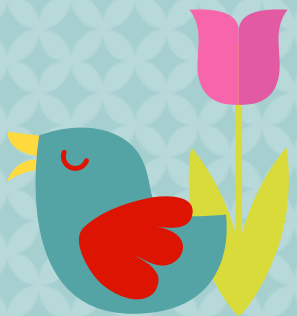
World Mental Health Day: Join Courtney for a short presentation on the importance of self-care and then make a self-care/calming box to keep!

Kristina's Work Korner: WorkBC will be presenting on Customized Disability Services.

DIY Gift in a Jar: Join Courtney to learn about how to make cool, affordable gifts that you can sell in our upcoming craft fair or give to friends for the holidays!

Halloween Baking: Join Courtney to make Halloween baked goods to be enjoyed at the Halloween Party. This will be by sign up, and it will be on the freezer a week or two before the date.

Halloween Party: Join the whole crew and dress in your Halloween best for a fun and spooky night!



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 Thursday, October 4th at 1:15pm. 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...

Newsletter: Staff is wondering if people read the newsletter and if it is worth it to continue to produce it each month. Members indicated that they do read it and would like it to continue. Staff brought up the idea of having it being member-led and members liked that idea. If you are interested in helping out with the production of the newsletter, please talk to Courtney.

Naloxone: The clubhouse is going to become a distribution site for Naloxone kits - which aid in the reversal of opioid overdoses. It is so important to carry a Naloxone kit, even if you don't use drugs or know anyone that does. Please talk to staff if you would like more information.

Staff updates: Sylvia has been hired as a casual staff - say congrats if you see her around! Meredith is also going to be working as a casual staff member, so say hey to her when you see her!

Closing time: We are going to start cleaning up directly after tranquil time ends at 3:45pm. To stay until 4:00pm, you must help us clean, otherwise you will be asked to leave at 3:45pm. We are making this change because we are frequently having to stay after 4:00pm when members wait until the last minute to pack up their belongings. Staff have other obligations to get to after work at ECHO so it's important that they alll get out on time.

YOUNG ADULT 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!

05

OPEN LOUNGE

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

09

COMMUNITY KITCHEN

5-8pm at Edmonds
- CHILI & BISCUITS -
*Free
**Please RSVP by Oct. 7th

16

CREATIVE EXPRESSIONS

5-8pm at Edmonds
-HALLOWEEN BATH BOMBS-
*Free
**Please RSVP by Oct. 14th

23

BOARD GAME NIGHT

“MURDER MYSTERY”
5-8pm at Edmonds
*Free
** Please RSVP by Oct. 19th
***6 spots

thursday toonie lunches

October 4th	Tacos
October 11th	Chili & bun
October 18th	Chicken drumstick & Garden Salad
October 25th	N/A

tgif: thank goodness it's friday

DATE	TIME & ACTIVITY	LOCATION
October 5th	N/A	N/A
October 12th	Board Game Night 5-8pm	Edmonds Site
October 19th	Bowling @ Rev's 4:30-6:30pm	Holdom Skytrain Station
October 26th	Movie & Pool Tournament 5-8pm	Edmonds Site

WORLD *mental health* DAY

Make your own 'self care/calming' box!

Join Courtney for a short presentation on the importance of self-care and then fill a box with things that can help you take care of yourself. There will be lots of items to choose from!

WEDNESDAY, OCTOBER 10TH
1:30PM

DIY GIFTS IN JARS

Learn how to make crafts to sell at our craft fair in November or to give as holiday gifts!

Thursday, October 18th at 1:30pm
Cookies in a jar

Wednesday, October 24th at 4:15pm
Air fresheners & Bath salts

** Note that this is happening after regular hours and essential oils will be used so please be aware of that if you have sensitivities to strong smells **

There will be a cost associated with these programs. It will be posted with the sign up sheet.

HALLOWEEN PARTY

Wednesday, October 31st

4:00pm - 8:00pm

$2 dinner at 4:30pm

Come dressed in your Halloween best and have lots of fun!

TRICK OR TREAT

SPOOKY

** There will be baking at 1:00pm to prepare some yummy treats for the party. Sign up will be located on the freezer! **

MAC NEWS

DON'T FORGET

ACTIVELY ARTISTIC

October 11th at 1:30pm

MAC will be showcasing their artwork this month!

Where: Shadbolt Centre
When: Saturday, October 13th at 12:00pm-7:00pm
Cost: Free!

Come out and support MAC! There will be artwork for sale.

Poet's Corner

"A rose speaks of love silently, in a language known only to the heart."
- Anonymous

Submitted by Karen B.

If you submitted a poem for this newsletter and it was not published, it will be published in the November edition. Apologies!