

ECHO CLUBHOUSE Nov 2020

Mon	Tue	Wed	Thurs	Friday
<p>2nd</p> <p>Wake Up Your Wellness Day</p> <p>1 – 2 Christine Goodbye Zoom Social</p>	<p>3rd</p> <p>12 - 4 > MAC: My Artists Corner</p>	<p>4th</p> <p>11 – 1 'Let's Cook' with Dawn</p> <p>2.30 – 4.30 YA Cooks: DIY Nachos</p>	<p>5th</p> <p>10.30 – 12.30 Walking Group (Queens Park)</p> <p>11 – 1 Medium Energy Aerobics with Dawn</p> <p>2 – 4 Members Meeting (Zoom & Edmonds)</p>	<p>6th</p> <p>11 – 12 > Mindfulness</p> <p>12 – 4 > MAC: My Artists Corner</p>
<p>9th</p> <p>11 – 12.30 Christine Goodbye Party in Clubhouse</p> <p>1.30 – 3.30 Bingo</p> <p>4.30 – 6.30 Nifty Fifty</p>	<p>10th</p> <p>12 - 4 > MAC: My Artists Corner</p> <p>12.15 – 3.30 > Disc Golf with Power To Be – Queen Elizabeth's Park.</p>	<p>11th</p> <p>Clubhouse Closed: Remembrance Day</p>	<p>12th</p> <p>10.30 – 12.30 Walking Group (New West Quay)</p> <p>11 – 1 Relaxation Techniques with Dawn</p> <p>2 – 4 Actively Artistic: Quick Abstracts with Neena</p>	<p>13th</p> <p>11 – 12 > Mindfulness</p> <p>12 - 4 > MAC: My Artists Corner</p>
<p>16th</p> <p>Wake Up Your Wellness Day</p>	<p>17th</p> <p>12 - 4 > MAC: My Artists Corner</p> <p>4.30 – 7.30 YA Program: Nutrition & Exercise</p>	<p>18th</p> <p>11 – 1 'Let's Cook' with Dawn - 1st day of new series</p> <p>11 – 1 Ambassador Meeting (zoom)</p> <p>2 – 3 Money Smart - 1st day of new series (zoom)</p> <p>2 – 4 Social, Isolation & Loneliness (SIL) Zoom Social – Member Led</p>	<p>19th</p> <p>10.30 – 12.30 Walking Group (Edmonds Skytrain Trail)</p> <p>11 – 1 Self Care with Dawn</p> <p>2 – 4 Grounding Yourself: Meditation Techniques with Franck</p>	<p>20th</p> <p>11 – 12 > Mindfulness</p> <p>12 - 4 > MAC: My Artists Corner</p>
<p>23rd</p> <p>10 – 12 Chair Movement with Hilda</p> <p>1 – 2 Clubhouse Orientation</p>	<p>24th</p> <p>12 – 2 > MAC: My Artists Corner</p> <p>3 – 4.30 > Leadership Circle</p> <p>* December Calendar Booking Opens 😊</p>	<p>25th</p> <p>11 – 1 'Let's Cook' with Dawn</p> <p>2 – 3 Money Smart (zoom)</p> <p>2 – 3.30 Employment Goals Discussion & Social with Jen (zoom)</p>	<p>26th</p> <p>10.30 – 12.30 Walking Group (Eileen Daily Trail)</p> <p>11 – 1 Latin Moves with Dawn (low energy)</p> <p>2 – 4 Actively Artistic: Gratitude Rock Painting (SIL)</p>	<p>27th</p> <p>12 - 4 > MAC: My Artists Corner</p> <p>4.30 – 7.30 > Movie Night</p>
<p>30th</p> <p>Wake Up Your Wellness Day</p>				



COVID-19 Reminders:

The Clubhouse is OPEN!

- Attendance is by booking only.
- Spaces in programs are limited as per Covid Guidelines.
- You can sign up to 1 program a day, 2 programs a week & 1 series per month.
- It will be first come first serve.
- We will continue to do Zoom programs and 1-1 check-ins.
- Staff will complete screening questions with each member before programs.
- Everyone must remain 2m apart in the Clubhouse.
- Wearing of masks is encouraged in the Clubhouse.



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

Edmonds Clubhouse
(Located at the Burnaby Neighborhood Resource Centre)
Room # 109-7355 Canada Way, Burnaby, BC V3N 4Z6
Phone 604-526-9606 | Fax: 604-526-7097 | Email: echoclubhouse@cmha.bc.ca



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all



November Programs

- **Social, Isolation & Loneliness (SIL) Group:** These new & exciting member led activities led by members Barbara, Tara & Teresa aims to combat isolation & loneliness that members may be experiencing. The activities planned will help members to build new social connections and equip them with techniques to mind their wellness.
- **Grounding Yourself: Exploring Meditation:** Interactive introduction and exploration of meditation including guided activities, tutorial, group dialog and more! A warm soothing tea included! No experience necessary, just bring your curiosity and sense of exploration! Facilitated by ECHO member-leader Frank!
- **Cooking with ECHO:** In each cooking skills class you will be thought new recipes, share ideas and be able to enjoy the meal you prepared with others. Cooking with ECHO will be facilitated by Dawn as part of her student practicum.
- **Walking Group:** the walking group meet every Thursday morning rain wind or shine! The pace is suitable for those looking for a light exercise and to socialise with others. Meeting places are in the community. After each walk members chill and chat at a café for tea/coffee & chats. This program is combined with both ECHO members and BHM clients with support from Rec. Therapist, Carolyn.
- **Member Led Outings:** The outings are peer run activities organised and facilitated by 1 or more of our Member Leaders. The activities are held in the community, on zoom or in the Clubhouse. Please note not all activities will have staff in attendance. Members are responsible for themselves on the day.
- **Young Adults Program:** Provides an opportunity for our young adult (19 – 29) members to enjoy build skills, enjoy recreational activities and outings and connect with other young adults that experience mental health barriers. October's programs feature a cooking skills program (Chicken Curry), a creative workshop (Decorate Your Own Halloween Lantern) and a Halloween-themed community outing.
- **Money Smart:** This new program is a 5 part series teaching members how to manage their money. It will be facilitated by the Burnaby Mental Health Occupation Therapists and their students. The Clubhouse team are here to help you sign up and support your attendance.
- **Mindfulness:** This joint collaboration between ECHO and Carolyn, Rec Therapist from BMHSU, will introduce practices to guide participants in the practice of purposely bringing one's attention to experiences occurring in the present moment without judgment. This 4-week series will explore the themes of breath, mantra, walking and art.

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 once again. Referrals must be completed by a Primary Care Provider. Referrals can be faxed to 604-526-7097 or emailed to echoclubhouse@cmha.bc.ca Once received a staff member will make contact with the potential member within 1 week.

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), schedule an individual orientation with a staff member where they can trial a program or they can be held virtually on zoom. People are welcome to attend an orientation before or after we receive a referral.