ECHO CLUBHOUSE Aug 2021

Mon	Tue	Wed	Thurs	Friday
2nd Statutory Holiday	3rd 12 - 4 MAC: My Artists Corner	4th Staff Team Day	5th 10.30 – 12.30 Walking Group with Pauline @Barrett Marine Park 12.30 – 1.30 MAC: My Artists Corner (zoom) 2.30 – 4 Members Meeting (zoom & Edmonds) 4.45 – 5.30 Clubhouse Orientation	6th 12 - 4 MAC: My Artists Corner
9th 10.30 – 12.30 Walking Group with Justin @ Central Park 1.30 - 4 W.A.V.E Workspace (in person @Metrotown, zoom or phone app) 2 – 3.30 Life Skills: Kitchen Know-How 4.30 – 6 Nifty 50	10th 12 - 4 MAC: My Artists Corner 2 – 3 Equity, Diversity and Inclusion Committee Meeting (zoom)	11th 11 – 1 Summer Beverages: Smoothies & Cold Drinks 2.30 – 4 Career Development: The Risk of Rejection 5.30 – 6.15 YA Clubhouse Orientation	12th 10.30 – 12.30 Walking Group with Pauline @Rocky Point Park 12.30 – 1.30 MAC: My Artists Corner (zoom) 2 – 4 Actively Artistic with Lem, Star Wars Character – BB8	13th 12 - 4 MAC: My Artists Corner 5 – 7 Movie Night led by Barbara & Therese (SIL)
16th 10.30 – 12.30 Walking Group with Justin @ New West Quay 1.30 - 4 W.A.V.E Workspace (in person @Metrotown, zoom or phone app) 2 – 4 Life Skills: Budgeting	17th 12 - 4 MAC: My Artists Corner 11 – 3 Disc Golf Outing @ Queen Elizabeth Park with Power To Be. No cost ☺	18th 1.30 - 4 W.A.V.E Workspace (in person @Metrotown, zoom or phone app) 2 – 4 YA Cooks: Buddha Bowls	19th 10.30 – 12.30 Walking Group with Pauline @Eileen Dailly Track 12.30 – 1.30 MAC: My Artists Corner (zoom) 2 – 4 Social Isolation & Loneliness Group: Motivation Presentation & Social (Zoom & Edmonds)	20th 12 - 4 MAC: My Artists Corner 5 – 7 Vancouver Queer Film Festival: Screening of 'See You Then' Kayaking Trip @ Granville Island with Joel & Tara, $20 cost.
23rd 1.30 - 4 W.A.V.E Workspace (in person @Metrotown, zoom or phone app) 2 – 4 Life Skills: Making a Great First Impression 5 – 6.30 Grocery Bingo	24th 12 – 4 MAC: My Artists Corner Landmark Cinema, New West with Phyllis. Cost $4.50 Movie and Time TBC.	25th 2 – 3.30 Job Seeker Groundwork: Resume Writing @Metrotown 5 – 5.45 Clubhouse Orientation	26th 10.30 – 12.30 Walking Group with Pauline @Lafarge Lake 12.30 – 1.30 MAC: My Artists Corner (zoom) 2 – 4 Actively Artistic with Shirley Allan, Simple Landscape Painting	27th 12 - 4 MAC: My Artists Corner 1 - 3 YA & YA2 Picnic @Deer Lake
30th 10.30 – 12.30 Walking Group with Justin @ Deer Lake Park 1.30 - 4 YA W.A.V.E Workspace (in person @Metrotown, zoom or phone app) 1 - 3 Life Skills: Grocery Shopping @Save on Foods, Highgate Mall 4.15 – 5 Clubhouse Orientation	31st 12 – 2 MAC: My Artists Corner 3 – 4.30 Leadership Circle (zoom)			

ECHO
Education Community Health Options

COVID-19 Reminders:

The Clubhouse is OPEN!

- Attendance is by booking only.
- Spaces in programs are limited.
- You can sign up to 1 program a day, 3 programs a week & 1 series per month.
- It will be first come first serve.
- Zoom programs will continue to be offered for anyone not comfortable attending the clubhouse.
- Staff will complete screening questions with each member before programs.
- Wearing of masks is recommended when attending the clubhouse or groups in the community
- Hand sanitizer and washing of hands is encouraged when yin the clubhouse.

ECHO
Education Community Health Options

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

Edmonds Clubhouse: # 109-7355 Canada Way, Burnaby, BC V3N 4Z6 | **Phone:** 604-526-9606
Metrotown Clubhouse: #102 6125 Sussex Ave, Burnaby, BC, V5H 4G1 | **Phone:** 604 291 8879
Fax: 604-526-7097 | **Email:** echoclubhouse@cmha.bc.ca

ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the hən̓ q̓ əmiƛ əm̓ and Sḵwx̱wú7mesh speaking peoples, and we are grateful to be on this shared territory.

Canadian Mental Health Association
Vancouver-Fraser
Mental health for all

City of Burnaby

Aug Program Descriptions

- **Young Adults (YA) Program:** Designed for members 19 – 29, YAs have the opportunity to learn and develop practical and social skills, build independence and connect with other young adults that experience mental health barriers. This month's programs include a cooking class, picnic at deer lake and pre-employment support. Also, a reminder that most programs have a couple of spots allocated to YA members.
- **Social Isolation & Loneliness Group Motivation Presentation & Social:** Join Barbara & Therese as they facilitate a discussion and support members to feel connected during this time where we are physically apart. As always, they will hold space for a social after the discussion to get to know your fellow peers and build connections.
- **Kayaking Outing at Granville Island:** Joel & Tara will lead members out on the water at Granville Island this month. Cost to rent a kayak will be $20. To secure your space book with any member of the team and a minimum deposit of $5 must be paid by Mon 9th of Aug. Payment plan can be set up for remaining balance.
- **Vancouver Queer Film Festival (VQFF):** ECHO will be screening the movie 'See You Then' as part of the annual VQFF as part of Vancouver Pride celebrations. Movie synopsis: *A decade after abruptly breaking up with Naomi, Kris invites her to dinner to catch-up on their complicated lives, relationships, and Kris' transition.*

W.A.V.E (Work, Aspirations, Volunteer, Education) Programming

- **Career Development: The Risk of Rejection -** When entering the workforce and starting the process of applying for jobs, there is always a chance that you may not get it, so this workshop will take a look at how we can manage that feeling of rejection the day we receive the notification and the days following that, as well as how we can get our motivation and confidence back to start applying for more jobs.
- **Job Seeker Groundwork: Resume Building -** There are a few different styles of resumes out there, and picking one that is right for you can be tricky, this workshop we will have access to computers where we will actually start working on our resumes during the program. Already have a resume? No problem! This can be an opportunity to update your copy and get any questions you may have answered.
- **W.A.V.E Workspace:** Each member who signs-up for the W.A.V.E drop-in program can expect a 45 minute 1:1 meeting dedicated to their specific goals or interests. Examples include resume and cover letter writing, practice interviews, vocational goal setting/planning or exploring job, volunteer and education opportunities.

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.
Referrals must be completed with 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 contact 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) or schedule an individual orientation with a staff member in person, by phone or zoom.
People are welcome to attend an orientation before or after we receive a referral.