


ECHO CLUBHOUSE June 2022

| Mon | Tue | Wed | Thurs | Friday |
|---|---|---|--|--|
| <p><u>Program Locations</u> E – Edmonds M – Metrotown Ph – Phone Z – Zoom</p> | <p>Orange – Vocational Blue – Life Skills Green – Recreation Red – Diversity/Multicultural Purple – Wellness</p> | <p>1st Clubhouse Closed: Staff Professional Development Training</p> | <p>2nd 11 – 1 Walking Group w/Justin @ Central Park 3 – 4:30 Chinese Social & Wellness (M) Staff 1-1 Member Connections</p> | <p>3rd 11 - 4 MAC: My Artists Corner (E)</p> |
| <p>6th 11 – 1 Walking Group w/Pauline @ Eileen Daily Track Staff 1-1 Member Connections</p> | <p>7th 11 - 2 MAC: My Artists Corner (E) 2 – 4 Men's/Non-Binary Group: Walk& Coffee @ New West Quay (C) 3 – 4 Leadership Circle (E/Z)</p> | <p>8th 12 – 1:30 Toonie Lunch & Learn: Veggie Fried Rice (E) 2:15 – 3 Members Meeting (E / Z)</p> | <p>9th 11 – 1 Walking Group w/Justin @ New West Quay 3 – 5 Actively Artistic: Stick Figure Anatomy w/ Lem (E)</p> | <p>10th 11 - 4 MAC: My Artists Corner (E) 1 – 2 Orientation (M) YA Outing: English Bay & Coffee w/ Tara</p> |
| <p>13th 11 – 1 Walking Group w/Pauline @ Deer Lake Park 1.30 - 4 W.A.V.E Workspace (M / Z / Ph)</p> | <p>14th 11 - 4 MAC: My Artists Corner (E) Movie outing w/ Phyllis @ Landmark Cinemas (\$4)</p> | <p>15th 12 – 2 Let's Bake [Closed Group] (E) 2 – 4 SIL Summer Zoom Social (Z)</p> | <p>16th 11 - 2 Burnaby Mental Health Walk & Social @ Deer Lake Park</p> | <p>17th 11 - 4 MAC: My Artists Corner (E) 2:30 – 4 Coffee Outing w/ Hilda @ Tim Hortons in New West</p> |
| <p>20th 11 – 1 Walking Group w/Pauline @ Gilmore Trail 4:30 – 6 Grocery Bingo (E)</p> | <p>21st 11 - 4 MAC: My Artists Corner (E) 2 – 4 Men's/Non-Binary Group: Board Games (M)</p> | <p>22nd Wake Up Your Wellness Appointments (In person / Z / Ph) 3 – 4:30 Chinese Wellness & Social (E)</p> | <p>23rd 11 – 1 Walking Group w/Justin @ Queens Park 2 – 4 Actively Artistic: Zentangles w/ Jen (E)</p> | <p>24th 11 - 4 MAC: My Artists Corner (E) 4:45 – 7:15 Movie Night: Milk [Rated R] (E)</p> |
| <p>27th 11 – 1 Walking Group w/Pauline @ Barnet Marine Park 1.30 – 4 YA W.A.V.E Workspace (M / Z / Ph) 4:30 – 6 Nifty Fifty (E)</p> | <p>28th 11 - 2 MAC: My Artists Corner (E) 2 – 3 Orientation (M)</p> | <p>29th 1 – 2 Meditation (E) 3 – 5 YA Pride Celebration</p> | <p>30th 11 – 1 Walking Group with Justin @ Central Park 2 – 4 SIL: Gratitude Journal (E)</p> |  <p>SPRING CHICKEN</p> |

June Program Descriptions

- **Wake Up Your Wellness (Recovery Plan):** This is a 1:1 check-in with a staff person designed to:
 - ~ Enable you to identify goals for achieving wellness
 - ~ Specify steps and resources towards reaching those goals
 - ~ Include daily activities as well as longer term goals
 - ~ Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them.
- **Chinese Social & Wellness Group led by Peer Support Worker Pauline:** This group is for people who speak Cantonese or Mandarin to create new connections/friendships, engage in the community and improve their wellness. You are also invited if you wish to learn a new language. 领导的华人社会与健康小组：该小组是为说粤语或普通话的人建立新的联系/友谊、参与社区和改善他们的健康而设的。如果您想学习一门新语言，我们也会邀请您
- **Men & Non-Binary Wellness & Social Group led by Peer Support Worker Dave:** An inclusive gathering for all who identify as a man/non-binary individual and would like to participate in a group designed to promote wellness through education, conversation and socialization.
- **Movie Night: Milk:** This film is Rated 'R' for Language, Brief Violence and Some Sexual Content. Movie Synopsis: In 1972, Harvey Milk (Sean Penn) and his then-lover Scott Smith leave New York for San Francisco, with Milk determined to accomplish something meaningful in his life. Settling in the Castro District, he opens a camera shop and helps transform the area into a mecca for gays and lesbians. In 1977 he becomes the nation's first openly gay man elected to a notable public office when he wins a seat on the Board of Supervisors.
- **Movie Outing w/Phyllis:** The members meet at the Landmark cinemas in New Westminster, due to the theatres schedule release, the options will not be available until about 1 week before the program. Cost to members: \$4.50 to be paid directly to clubhouse staff prior to program. Payments or arrangement to be made with staff.

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

- **W.A.V.E Workspace:** Each member who signs-up for the W.A.V.E drop-in program can expect a 50 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 staff will contact the potential member within 2 weeks to book an orientation.

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.

ECHO welcomes, promotes, and celebrates cultural diversity in our local community – appreciating the uniqueness of each member's background and identity.

