

ECHO CLUBHOUSE Feb 2023

Mon	Tue	Wed	Thurs	Friday
		1 st 1.30 – 2.30 Strength & Stretch Group (E)	2 nd 10.45 - 12 Walking Group w/Justin @Central Park (PL) 2 – 3 Clubhouse Orientation (E)	3 rd 11 - 4 MAC: My Artists Corner (E)
6 th 10.45 - 1 Walking Group w/Pauline @Central Park (PL) 1 – 2.30 Lunch: Stewed Okra & Tomatoes & Learn: Black History (E) \$3	7 th 11 - 4 MAC: My Artists Corner (E) 2 – 3 Members Meeting (Z / M) 4.30 – 6 Grocery Bingo (E)	8 th 1.30 – 2.30 Chair Yoga (E) 4 – 5.30 YA Games & Social (E)	9 th 10.45 - 12 Walking Group w/Justin @Queen’s Park (PL) 1.30 – 3 Building Friendships (E)	10 th 11 - 4 MAC: My Artists Corner (E) <hr/> Sat 11 th 1 – 3 SIL Coffee Outing @Tim Hortons, New West (PL)
13 th 10.45 - 1 Walking Group w/Pauline @Eileen Daily Track (PL) 12 – 1 Clubhouse Orientation (E) 3 – 5 Comedy Show with Stand Up for Mental Health (E)	14 th 11 - 4 MAC: My Artists Corner (E) 2 – 3.30 Coffee & Careers, Start Your Path (M)	15 th 1 – 4 Chinese Social Outing to Lafarge Lake (PL) 1.30 – 2.30 Strength & Stretch Group (E) 1.30 – 2.15 or 3 – 3.45 WAVE Workspace (M/ PH/ Z) 4 – 5.30 Crafty Creations: Valentine Gift Making (E) (PL)	16 th 10.45 - 12 Walking Group w/Justin @Deer Lake (PL) 1.30 – 3 Building Friendships (E)	17 th 11 - 4 MAC: My Artists Corner (E)
20 th Clubhouse Closed Family Day	21 st 11 - 4 MAC: My Artists Corner (E)	22 nd 1.30 – 2.30 Chair Yoga (E) 4 – 6 Actively Artistic: Painting Spring Sunrise/Sunset (E) (PL)	23 rd 10.45 - 12 Walking Group w/Justin @New West Quay (PL) 1.30 – 3 Building Friendships (E)	24 th 11 - 4 MAC: My Artists Corner (E)
27 th 10.45 - 1 Walking Group w/Pauline @Deer Lake (PL) 3.30 – 5 YA Kitchen (E) 1.30 – 2.15 or 3 – 3.45 WAVE Workspace (M/ PH/ Z)	28 th 11 - 4 MAC: My Artists Corner (E) 1 – 1.45 CBT Skill (Z) Movie Outing @Landmark Cinema, New West (PL) \$4.50		Program Locations & Peer Programs E – Edmonds M – Metrotown Ph – Phone Z – Zoom PL – Peer Led Programs	Program Categories Orange – Vocational Blue – Life Skills Green – Recreation Red – Diversity/Multicultural Purple – Wellness

Program Descriptions

- **Social Isolation & Loneliness Group:** Member leaders Barbara & Therese will be facilitating a coffee outing programs this month to provide a space for members to connect with one another.
- **YA Programs: YA Games and Social** – Come on out for some snacks, games and chats! A great chance to connect with your new YA Coordinator and share any programs you want to see or just come along to play some fun games and hang out! **YA Kitchen** – D.I.Y Tacos; we'll bring the ingredients and you bring your appetite and basic cooking skills while we prepare and build some delicious tacos together before sitting down to enjoy them.
- **CBT Skill:** Learn about the skill of self-compassion and treating ourselves as a friend with kindness and care from the comfort of your home held on zoom
- **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

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.
- **Coffee & Careers: Start your Path** - Come along for an open discussion about what it is like to work with a MH diagnosis. We will cover what it is like to find work after a diagnosis, how disclosing can affect your work both good and bad, finding a supportive company culture, how to manage periods of illness and keep a job, and when to take a step back. We encourage those who are working to come and share their lived experience.

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



Staff Support

- **One-to-One Sessions**

Staff are here to provide emotional and listening support to members experiencing difficulties in their life alongside providing tools and resources to support their well-being. Appointments can be scheduled in person, by phone or on zoom.

- **Wake Up Your Wellness Session**

Take control of your mental health by developing a recovery plan that is centred around your needs, wants and passions with the support of a staff person by;

- ~ Identifying goals for achieving wellness
- ~ Specifying steps and resources towards reaching those goals
- ~ Including daily activities as well as longer term goals
- ~ Identifying triggers or other stressful events that can make you feel worse, and help you learn how to manage them.

Wish to become a member?

- **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. There is currently no wait list.

- **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. 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 we receive a referral.