

ECHO CLUBHOUSE DEC 2023

Mon	Tue	Wed	Thurs	Friday	
<u>Program Categories</u> Orange – Vocational / Blue – Life Skills Green – Recreation / Purple – Wellness Red – Diversity/Multicultural	<u>Program Locations & Peer Programs</u> E – Edmonds / M – Metrotown Ph – Phone / Z – Zoom PL – Peer Led Programs / YA – Young Adults (19-29)			1 st	WUYW (M) Move into Edmonds
4 th Move into Edmonds Clubhouse Closed	5 th Move into Edmonds 1.30 – 2.15 or 3 – 3.45 WAVE Workspace (M/ PH/ Z) 2:45-5pm Holiday Movie: Comedy/Feel-Good (M)	6 th Move in Edmonds 2 – 3 Orientation (M)	7 th Move into Edmonds 10.45 - 12 Walking Group w/Justin @ Central Park (PL) 4 – 5 Music Therapy: Rap & Recovery (M)	8 th	11 - 4 MAC: My Artists Corner(E) Staff Training Day
11 th 1-2 Let's Celebrate Our Diversity: Winter Holidays Around the World 3-5pm Holiday Clubhouse Decorating (E)	12 th 11 - 4 MAC: My Artists Corner (E) 1.30 – 2.15 or 3 – 3.45 WAVE Workspace (M/ PH/ Z) YA Movie Outing w/ Jeff @ Landmark Cinemas	13 th 1 – 4 Holiday Meal (Cost \$5) & Social (E) 7 – 8 Book Club @WAVES on Kingsway (PL)	14 th 10.45 - 12 Walking Group w/Justin @ Eileen Daily Track (PL) 1 – 5 Holiday Meal (Cost \$5) & Karaoke w/Martin (Music Therapy) (E)	15 th	11 - 4 MAC: My Artists Corner (E)
18 th 11-12:30pm Holiday Grocery Bingo (E) 2-4pm Burnaby Village Museum w/ Silvia (PL)	19 th 11 - 4 MAC: My Artists Corner (E) 11 – 11.45 or 1 – 1.45 WAVE Workspace (M/ PH/ Z) 2:45-5pm Holiday Movie: Comedy/Feel-Good (M)	20 th 12-2pm Actively Artistic (E) (Holiday Card Making) w. Sheila 3.30 - 5 YA Holiday Party (E)	21 st 5 – 7 Walking Group w/Justin @ Lafarge Lake (PL) 4 – 5 Music Therapy: Holiday Name That Tune (E)	22 nd	11 - 4 MAC: My Artists Corner (E)
25 th Closed for Holidays	26 th Closed for Holidays Movie Outing w/ Phyllis @ Landmark Cinemas (PL)	27 th 2 – 4 Online Games and Social w/ Herbie (Z)	28 th	29 th	30th Coffee Outing w. Phyllis @ Tim's in NW

Program Descriptions

- **Actively Artistic:** For this month, MAC member Sheila will help us create some beautiful holiday cards to send to a loved one, a family member, or a friend. This class is designed for all levels.
 - **Holiday Clubhouse Decorating:** Members are invited to the Edmonds Clubhouse to help kick start the holiday festivities by decorating the clubhouse with decorations across many different traditions. We encourage festive attire and holiday favorite goodies & beverages will be provided.
 - **Holiday Meals:** Come join us for a sit-down meal which will offer a diverse menu including traditional favorites alongside other cultural dishes. We highly recommend festive attire, and you can expect a fireplace roaring, friendly company, and a festive ambience. **Cost is \$5 per member.**
 - **Holiday Movie:** Join us at our Metrotown location to enjoy a festive holiday comedy/feel good movie decided by members. 1 movie signup per member.
 - **Movie Outing w/ Phyllis:** Enjoy an afternoon movie at Landmark Cinemas with the company of your fellow members. Members pay full ticket cost, will receive \$5 reimbursement upon receipt of ticket to ECHO staff.
 - **Online Games & Social:** Do you wanna have fun, and not have to leave your house? Do you like prizes? If you answered yes to both, then come join Herbie as he hosts a drop-in virtual gaming sesh!
 - **YA (YOUNG ADULT) Programming (for members 19-29)**
 - **Holiday Party:** This holiday season, come join us at our Edmonds location for food, games, and a jolly good time!
 - **Movie Outing:** Afternoon movie at Landmark Cinemas (New Westminster) with Jeff. Members pay full ticket cost and will receive \$5 reimbursement upon presenting ticket to ECHO staff at the clubhouse.
- 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.

Staff Support

- **Check in with Staff**

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 1:1 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
- ~ Identifying your strengths and potential obstacles to overcome

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.

- **Clubhouse 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, if they have additional supports. People are welcome to attend an orientation before we receive a referral.

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

