















	Mon	Tue	Wed	Thu	Fri	
<p><b>BASIC LIVING</b></p> <p>Budgeting/Shopping Self-Esteem Workshop Relationship Building Workshop/Goal Planning Workshop/ Communication Skills Exercise Classes /Yoga/Baking “Whale House Weight Management” Menu Planning/Nutrition /Baking/Community Kitchen Breathe Easy Workshop Healthy Body Healthy Mind Discussion</p> <p><b>LEISURE</b></p> <p>Art &amp; Craft Classes Movies Mall Outings Cards Special Events Games/Bingo/Pool/Walking /Wii Fit/ Swim &amp; Gym/ Baseball/Basketball/Bowling /Floor Hockey/Car Modelling Class/Guitar Lessons /Jewelry Classes/Hockey /Car Modelling Class /Guitar Lessons/Jewelry Classes</p> <p>Wellness Activities on healthy eating, weight management, smoking cessation, WRAP, <i>spiritual needs and other workshops and activities requested by members.</i></p> <p><b>EMPLOYMENT</b> See <i>Back page</i></p>			<p><b>1</b> <b>10:00 - 11:30 Gardening Crew</b> 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume and Computer Lessons <b>No afternoon or evening Program due to camping</b></p>	<p><b>2</b> 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale In - Art Class and Pool Tournament 4:00 - 8:00 Dinner &amp; Softball Whale House vs. New Leaf (Away Game) </p>	<p><b>3</b> 10:00 - 11:00 Meditation 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>	<p><b>Recovery Support Training</b></p> <p>Is a 10 session program to teach people living with mental health Challenges the skills they need to recover and help others recover Closed groups.</p> <p><b>W.R.A.P is a</b> Wellness Recovery Action Plan 8 session workshop that will help you learn to integrate five key concepts of recovery into your life . Closed group</p> <p><b>Young Adults</b> Offers a variety of social, recreational activities out in the community This program provides opportunities to learn new skills and intergrade back into the community and meet new friends (Y.A from the age of 19-29 )</p> <p><b>Cultural Events</b> <i>Promoting diversity through food discussion sessions. Planned outings in the community Buddhist temples, and Hindu temples in the area.</i></p> <p><b>Member’s Meeting On Request</b></p> 
	<p><b>6</b> <b>WHALE HOUSE CLOSED</b></p>  <p><b>BC Day Aug 5<sup>th</sup></b></p>	<p><b>7</b> 10:30 - 11:30 Exercise Group <b>10:00 - 11:00 Photography Group</b> 1:30 - 2:30 Walking Group 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p><b>8</b> <b>10:00 - 11:30 Gardening Crew</b> 10:30 - 11:30: Classical Stretches 10:00 - 11:00 Resume and Computer Lessons 1:00 - 8:00 Alive Group: Barbecue at White Pine Beach (\$4.00) <b>Bring your own towel!</b></p>	<p><b>9</b> 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale In - Art Class and Bingo/Pool Tournament <b>4:00 - 8:00 Dinner &amp; Softball</b> Whale House vs. Surrey North (Home Game) </p>	<p><b>10</b> <b>9:30 - 11:30 7 Steps to Employment</b> 10:00 - 1:00 Meditation 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>	
	<p><b>13</b> <b>10:00-12:00 Creative Writing Class</b> 1:00 - 1:30 Menu Planning 1:30 - 2:30 Grocery Shopping 2:00 - 3:00 Guitar Lessons 3:00 - 3:30 Computer Lessons</p>	<p><b>14</b> 10:30 - 11:30 Exercise Group <b>10:00 - 11:00 Photography Group</b> 1:30 - 2:30 Walking Group 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p><b>15</b> <b>11:00-2:00 Inter Club House Picnic (\$3.00)</b></p>  <p>4:00 - 8:00 Alive Group: Buddhist Temple</p>	<p><b>16</b> 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale In - Art Class and Pool Tournament 4:00-8:00 Dinner and Softball Whale House vs. Stepping Stones (Away Game) </p>	<p><b>17</b> 10:00 - 11:00 Meditation <b>1:00 - 2:30 Concert in the Park</b> 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>	
	<p><b>20</b> <b>10:00-12:00 Creative Writing Class</b> 1:00 - 1:30 Menu Planning 1:30 - 2:30 Grocery Shopping 2:00 - 3:00 Guitar Lessons 3:00 - 3:30 Computer Lessons</p>	<p><b>21</b> 10:30 - 11:30 Exercise Group <b>10:00 - 11:00 Photography Group</b> 1:30-2:30 Walking Group 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p><b>22      **Pay Day**</b></p> <p><b>HAWAIIAN DANCE</b> <b>5:00-9:00</b></p>  <p>Whale House opens at 11:00am</p>	<p><b>23</b> 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale In - Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner &amp; Softball Whale house vs. New Leaf </p>	<p><b>24</b> 10:00 - 11:00 Meditation 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>	
	<p><b>27 BIRTHDAY BASH!</b> <b>10:00 - 12:00 Creative Writing Class</b> 1:00 - 1:30 Menu Planning 1:30 - 2:30 Grocery Shopping 2:00 - 3:00 Guitar Lessons 3:00 - 3:30 Computer Lessons</p>	<p><b>28</b> 10:30 - 11:30 Exercise Group <b>10:00 - 11:00 Photography Group</b> 1:30 - 2:30 Walking Group 4:00 - 8:00 Dinner and Movie Night (\$9.50) </p>	<p><b>29</b> <b>10:00 - 11:30 Gardening Crew</b> 10:30 - 11:30: Classical Stretching 10:00 - 11:00 Computer Lessons 1:00 - 3:00 Walmart 5:00 - 8:00 Alive Group: Restaurant Outing \$\$\$</p>	<p><b>30</b> 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale In - Art Class and Pool Tournament 4:00 - 8:00 Dinner &amp; Softball Whale house vs. Surrey North </p>	<p><b>31</b> <b>10:30 - Canadians Games at Nat Bailey</b> 10:00 - 11:00 Meditation 1:00 - 3:00 Baking with Natalie</p>	

## Therapeutic Volunteer Program

This program is designed for individuals living with mental health challenges, who want to begin a journey towards competitive employment. TVP supports members to find and maintain volunteer work. There are numerous volunteer opportunities throughout the community. Program runs for a period of 12 months. Participants can volunteer either a minimum of 5 or 10 hours a month, for which they will receive a \$50 or \$100 honorarium.

### Pre-Employment Program

Why work?

Services offered:

- ♦ Benefits of work and tips for coping with work stress.
- ♦ Helps provide you greater meaning and purpose with your life.
- ♦ Increase your motivation to work through determining a list of benefits made possible through working.
- ♦ Determine positive skills and personal qualities that directly relate to finding work.
- ♦ Discover what type of work is available and what is of interest to you.
- ♦ How to market yourself and get the job - cover letters, resumes and interview tips.
- ♦ How to adjust to your new work routine - day planning, new social relationships and stress management.

### Competitive Employment

Services offered:

- ♦ **CAREER DECISION MAKING**  
A computer program to assist you to learn more about your job choice.
- ♦ **What do I need to work?**  
Resumes, cover letters and applications.
- ♦ **How Do I Market myself?**  
Interview tips and practice questions.
- ♦ **What I do if things get tough ?**  
Coping with rejection or disappointments
- ♦ **How do I make this change successful?**  
Planning for work

### Young Adults

- ♦ Tuesday night bowling  
4 pm - 8 pm
- ♦ Wednesday evenings  
4 pm - 8 pm
- ♦ Thursday evenings sports  
4 pm - 8 pm

Please contact Whale House for more information.



August Schedule 2018

# WHALE HOUSE



15877 Pacific Avenue

White Rock, BC V4B 1S8

Phone: 604.536.3480 Cell: 604.613.5230

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## WHALE HOUSE HOURS:

### DAYTIME

Monday & Friday  
9:00am - 4:00pm

### EVENING

Tuesday, Wednesday  
& Thursday  
4:00pm - 8:00pm

## AUGUST HIGHLIGHTS



Creative Writing

Hawaiian Dance

White Pine Beach

Driving Range

Buddhist Temple

Baking Class

Guitar Lessons

Photography Group

