

## 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.



April Schedule 2019

## WHALE HOUSE



15877 Pacific Avenue

White Rock, BC V4B 1S8

Phone: 604.536.3480 Cell: 604.613.5230

Fax: 604.535.1058

### WHALE HOUSE HOURS:

#### DAYTIME

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

#### EVENING

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

### APRIL 2019 HIGHLIGHTS



- ♦ Art Therapy on Monday

- ♦ 7 Steps to Employment **JOBS**



























- ♦ Mood Disorder Support Group

- ♦ Positive Vibes Workshop

- ♦ Men's Group 

- ♦ Women's Group



<div>  <p>A PROGRAM OF <b>options</b> COMMUNITY SERVICES</p> </div>		Mon	Tue	Wed	Thu	Fri	Recovery Support Training
<div> <p><b>BASIC LIVING</b></p> <p>Budgeting/Shopping Self-Esteem Workshop Relationship Building Workshop/Goal Planning Workshop Communication Skills/Exercise Classes /Yoga/Baking</p> <p><b>“Whale House Weight Management”</b> Menu Planning/Nutrition /Baking/Community Kitchen/Breathe Easy Workshop/Healthy Body Healthy Mind Discussion</p> </div>		<b>1</b> 10:00-11:30 Photography Club <b>9:30-11:45 Gardening</b> 1:30-3:30 <b>Outing:</b> Men’s Group: - Trail Walk 1:30 <b>Outing:</b> Grocery Shopping 3:00-3:30 Computer Lessons 2:30-3:45 <b>Art Therapy:</b> - DIY Stress Balls 	<b>2</b> 10:30-11:30 Stretches for Back Pain 1:30-2:30 Outing: Women’s Group: - Coffee Date 2:30-4:00 Creative Writing <b>4:00-8:00 Community Integration:</b> Dinner and Bowling (\$6.00) 	<b>3</b> 10:30-11:30 Exercise Group 10:00-11:00 Resume Lessons 1:00-3:00 <b>Outing:</b> Costco 1:30-3:00 Ted Talks Discussion 4:00-8:00 Alive Group: Cultural Night (Thailand) (\$4.00) 	<b>4</b> 10:00-11:00 Computer Lessons 11:00-12:00 Yoga 1:30-3:30 Whale In: Art Class and Bingo/Pool Tournament 4:00-8:00 <b>Outing:</b> Dinner and Floor Hockey (\$4.00) 	<b>5</b> <b>10:00-11:30 Mood Disorder Support Group</b> <b>10:00-11:30 Yard work</b> <b>1:30-3:00 Positive Vibes</b> - Values and Identity 2:00-3:45 Movie Time 	<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>
		<b>8</b> 10:00-11:30 Photography Club <b>9:30-11:45 Gardening</b> 1:30-3:30 Men’s Group: - Ping Pong 1:30 <b>Outing:</b> Grocery Shopping 3:00-3:30 Computer Lessons 2:30-3:45 <b>Art Therapy:</b> - Emotion Painting 	<b>9</b> 10:30-11:30 Stretches for Back Pain <b>1:30-2:30 Members Meeting (No Women’s Group)</b> 2:30-4:00 Creative Writing <b>4:00-8:00 Community Integration:</b> Dinner and Bowling (\$6.00) 	<b>10</b> 10:30-11:30 Exercise Group 10:00-11:00 Resume Lessons 1:00-3:00 <b>Outing:</b> Walmart 1:30-3:00 Ted Talks Discussion 4:00-8:00 Alive Group: Dinner & Crescent Beach (\$4.00) 	<b>11</b> 10:00-11:00 Computer Lessons 11:00-12:00 Yoga 1:30-3:30 Whale In: Art Class and Pool Tournament 4:00-8:00 Dinner and Ping Pong (\$4.00) 	<b>12</b> 10:00-11:00 Meditation and Stretches <b>10:00-11:30 Yard work</b> <b>1:30-3:00 Positive Vibes</b> - Resilience 2:00-3:45 Movie Time 	<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>
		<b>15</b> 10:00-11:30 Photography Club <b>9:30-11:45 Gardening</b> 1:30-3:30 Men’s Group (Outing): - Swim + Gym 1:30 <b>Outing:</b> Grocery Shopping 3:00-3:30 Computer Lessons 2:30-3:45 <b>Art Therapy:</b> - Self-care Box 	<b>16</b> 10:30-11:30 Stretches for Back Pain 1:30-2:30 <b>Outing:</b> Women’s Group: - Red Wood Park 2:30-4:00 Creative Writing <b>4:00-8:00 Community Integration:</b> Dinner and Bowling (\$6.00) 	<b>17</b> 10:30-11:30 Exercise Group 10:00-11:00 Resume Lessons 1:00-3:00 Trail Walk - Campbell Valley 1:30-3:00 Ted Talks Discussion 4:00-8:00 Alive Group: <b>EASTER DINNER</b> (Free) 	<b>18</b> 10:00-11:00 Computer Lessons 11:00-12:00 Yoga 1:30-3:30 Whale In: Art Class and Bingo/Pool Tournament 4:00-8:00 <b>Outing:</b> Dinner and Floor Hockey (\$4.00) 	<b>19</b>  <p><b>Good Friday</b> <b>Whale House Closed</b></p>	<p><b>Young Adults</b> Offers a variety of social, recreational activities out in the community This pro- gram provides opportunities to learn new skills and Integrate back into the community and meet new friends (Y.A from the age of 19-29 )</p>
<div> <p><b>LEISURE</b></p> <p>Art &amp; Craft Classes Movies Mall Outings Cards Special Events Games/Bingo/Pool /Walking/Swim &amp; Gym/ Baseball/Basketball/ Bowling/Floor Hockey/Car Modelling Class/Guitar Lessons/Hockey/Car Modelling Class/Guitar Lessons/Jewelry Classes</p> <p><b>WELLNESS ACTIVITIES</b></p> <p>healthy eating, weight management, smoking cessation, WRAP, spiritual needs and other workshops and activities requested by members.</p> <p><b>EMPLOYMENT</b> See <i>Back page</i></p> </div>		<b>22</b>  <p><b>Easter Monday</b> <b>Whale House Closed</b></p>	<b>23</b> 10:30-11:30 Stretches for Back Pain 1:30-2:30 Women's Group: Serpentine Fen Trail 2:30-4:00 Creative Writing <b>4:00-8:00 Community Integration:</b> Dinner and Bowling (\$6.00) 	<b>24</b> <b>\$\$ PAY DAY \$\$</b> 10:30-11:30 Exercise Group 10:00-11:00 Resume Lessons 1:30-3:00 Ted Talks Discussion 1:00-3:00 <b>Outing:</b> Guildford Mall 5:00-8:00 Alive Group: Restaurant Outing (Bring \$\$) 	<b>25</b> 10:00-11:00 Computer Lessons 11:00-12:00 Yoga 1:30-3:30 Whale In: Art Class & Pool Tournament 3:00-8:00 Outing: Dinner and Floor Hockey Tournament (\$4.00) <b>Be at Whale House by 3:00pm</b>	<b>26</b> 10:30-11:30 Jam Session 1:30-3:00 7 Steps to Employment 1:30-3:00 Positive Vibes - Sharing my Story 2:00-3:45 Movie Time 	<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>
		<b>29 BIRTHDAY BASH</b> 10:00-11:30 Photography Club <b>9:30-11:45 Gardening</b> 1:30-3:30 Men’s Group - Ted Talks 1:30 Outing: Grocery Shopping 3:00-3:30 Computer Lessons <b>2:30-3:45 Art Therapy:</b> Candle Making 	<b>30</b> 10:30-11:30 Stretches for Back Pain 1:30-2:30 Women's Group: TED Talk - Vulnerability and Shame Discussion 2:30-4:00 Creative Writing <b>4:00-8:00 Community Integration:</b> Dinner & Movie Night (\$10.50) 	 <p><b>BY APPOINTMENT:</b> Guitar Lessons Computer Lessons Resume Building Baking</p>		 <p><b>APRIL 21, 2019</b></p>	<p><b>Members’ Meeting On Request</b></p> 