Surrey Clubhouse

New Frontier

June 2019

A PROGRAM OF

options

COMMUNITY SERVICES

Surrey Clubhouse ~ VOCATIONAL SERVICES

2019	Mon	Tue	Wed	Thu	Fri
A PROGRAM OF options COMMUNITY SERVICES	**03. TVP Janitorial Training** 8:00-9:00am **Supported Work Interviews** *@ The Roost site 9:00-12:00* **Supported Work Program** EPI: 12:30-3:00pm **Resume Development** *By Appointment*	**04. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **Employability Group Workshop:** ***Interviewing/Cover Letter Training*** *By Appointment*	**05. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**06. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**07. Supported Work Program** 9:00am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking /Hidden Job Market***
9803 - 140 St. **Surrey BC, V3T 4M4** **Phone: 604.581.6177** **Fax: 604.583.7970**	**10. TVP Janitorial Training** 8:00-9:00 am **Supported Work Interviews** *@ The Roost site 9:00-12:00* **Supported Work Program** EPI: 12:30-3:00pm **Resume Development** *By Appointment*	**11. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **Employability Group Workshop:** ***Interviewing/Cover Letter Training*** *By Appointment*	**12. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**13. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**14. Supported Work Program** 9:00 am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking /Hidden Job Market***
Clubhouse Hours *Monday to Friday* *9am - 4pm* **Young Adults Program (Please see separate YOUNG ADULTS Calendar for more details)** **Please feel free to call the clubhouse for more program details.**	**17. TVP Janitorial Training** 8:00-9:00am **Supported Work Interviews** *@ The Roost site 9:00-12:00* **Supported Work Program** EPI: 12:30-3:00pm **Resume Development** *By Appointment*	**18. TVP Janitorial Training** 8:00-9:00am **TVP Info Interviews** 10am-3pm **Supported Work Program** 9:00am-3:00pm **Employability Group Workshop:** ***Interviewing/Cover Letter Training*** *By Appointment*	**19. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**20. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**21.Supported Work Program** 9:00 am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking /Hidden Job Market***
	24. TVP Janitorial Training 8:00-9:00am **Supported Work Interviews** *@ The Roost site 9:00-12:00* **Supported Work Program** EPI: 12:30-3:00pm **Resume Development** *By Appointment*	**25. TVP Janitorial Training** 8:00-9:00am **TVP Info Interviews** 10am-3pm **Supported Work Program** 9:00am-3:00pm **Employability Group Workshop:** ***Interviewing/Cover Letter Training*** *By Appointment*	**26. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**27. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**28. Supported Work Program** 9:00 am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking /Hidden Job Market***

EMPLOYMENT SERVICES

➢ TVP

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 in the community for a minimum of 10 hours/month for a $100 honorarium, or $50 for 5 hours/month.

Contact: Emily @ Surrey Clubhouse 604.581.6177

➢ Supported Work Program

The Supported Work program supports members to participate in part-time employment in a community setting through contracted work by our agency. This program provides ongoing staff support, transportation to and from job sites, and participants earn an hourly wage. The work crew look after landscaping and maintenance of 10 properties throughout Surrey.

Contact Will @ 604.506.1826 or Melissa @ 604.612.9462

➢ Competitive Employment

Exploration, development, and implementation of employment goals, in collaboration with participants. Support includes: job search, 1:1 coaching, interview practice, resume and cover letter development, advocacy with workplace accommodation, and ongoing support via telephone or in person within the community for clients and employers.

Contact: Emily or Ude @ 604.581.6177

JUNE ~ SURREY CLUBHOUSE ~ *New Frontier*

June 2019	Mon	Tue	Wed	Thu	Fri
A PROGRAM OF options COMMUNITY SERVICES	**03.** Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	**04.** Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm	**05.** Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm **Bowling** Time: 1:00-3:30pm Cost: $2.50	**06.** Drop in Social 9-10am Walking Group 10:00-11:00am **Open Mic Topic:** *H&S Drill* Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1-3:00pm **WRAP** 1:00-3:30pm	**07.** Drop in Social 9-10am Jewelry Making 10:00-11:00am Allyson's Kitchen 10:30-12:00pm Karaoke 1:00-3:00pm **WRAP** 1:00-3:30pm
9803 - 140 St. **Surrey BC, V3T 4M4** **Phone: 604.581.6177** **Fax: 604.583.7970**	**10.** Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	**11.** Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm	**12.** Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm **White Rock Walk & Ice Cream** Time: 12:30-3:30pm Cost: Free	**13.** Open 10:00am - Staff Meeting Walking Group 10:00-11:00am **Open Mic Topic:** *Fathers Day* Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm **WRAP** 1:00-3:30pm Baseball Practice 4:00pm	**14.** Drop in Social 9-10am Gardening 10:00-11:00am Allyson's Kitchen 10:30-12:00pm In-house Movie 1:00-3:00pm **WRAP** 1:00-3:30pm
Clubhouse Hours *Monday to Friday* *9am - 4pm* **Young Adults Program (Please see separate YOUNG ADULTS Calendar for more details)** **Please feel free to call the clubhouse for more program details.**	**17.** Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	**18.** Drop in Social 9-10am & Naloxone Discussion Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm	**19.** Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm **Tynehead Park– Nature Walk** Time: 12:30-3:30pm Cost: **FREE** **PAY DAY**	**20.** Drop in Social 9-10am Walking Group 10:00-11:00am **Open Mic Topic:** *Summer Solstice* Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm **WRAP** 1:00-3:30pm Baseball Practice 4:00pm	**21.** Drop in Social 9-10am National Aboriginal Day10:30-11:30am Allyson's Kitchen 10:30-12:00pm Karaoke 1:00-3:00pm **WRAP** 1:00-3:30pm
	24. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	**25.** Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm	**26.** Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm **Timmy's Coffee & Doughnut** Time: 1:00-3:30pm Cost: Free	**27.** Drop in Social 9-10am Walking Group 10:00-11:00am **Open Mic Topic:** *Canada Day* Time: 11:00-11:30am **Monthly Birthday Bash** 1:00pm Creative Writing Circle 1:00-3:00pm **WRAP** 1:00-3:30pm Baseball Practice 4:00pm	**28.** Drop in Social 9-10am Gardening 10:00-11:00am Allyson's Kitchen 10:30-12:00pm In-house Movie 1:00-3:00pm **WRAP** 1:00-3:30pm

BASIC LIVING SKILLS

- **Conversation skills**
- **Problem Solving skills**
- **Relationship Building**
- **Budgeting/Shopping**
- **Basic cleaning**
- **Menu Planning**
- **Meal preparation**
- **Food safe practices**
- **Accessing Community Resources**

LEISURE PROGRAMS

- **Art/Craft Classes**
- **Games/Bingo/Pool**
- **Jam Sessions**
- **Walking/Hiking**
- **Baseball**
- **Movies**

WELLNESS

- **WRAP**
- **RST**
- **Meditation**
- **Substance Use**

EMPLOYMENT SERVICES

- **TVP**
- **Competitive Employment Services**
- **Supported Work Program**

(Please see back page for more information)

SURREY NORTH CLUBHOUSE - NEW FRONTIER

Monday - Friday

Hours of Operation: 9:00am to 4:00pm

BASIC LIVING SKILLS

Conversation Skills: Learn to improve communication skills to enhance your quality of life.
Relationship Building: It's never too late to make new friends or reconnect with old ones! Build relationships and develop quality connections.
Budgeting/Shopping: Join staff in grocery shopping to learn about healthy food choices and how to shop on a budget.
Home Management 101: Learn skills for home and self care to achieve greater independence.
Computer Lessons: Learn basic computer skills, such as, setting up email accounts, navigating the internet and basic knowledge of Microsoft Word.
Accessing Community Resources: Supporting individuals to access other services offered in the community.

WELLNESS

Quest Food Exchange: Access affordable, healthy food options. Membership applications available at the Clubhouse.
Allyson's Kitchen: Join other members in sharing knowledge, ideas, cultures and lifestyles through food. Cooking together offers the opportunity to address all types of social and dietary needs.
Meditation: Learn and practice basic meditation skills to improve overall health and wellness.
Recovery Support Training: A workshop that provides participants with skills that support their own recovery, and opportunity to inspire others through storytelling of their own journey.
Wellness Recovery Action Plan: This workshop is a tool for learning how to take charge of your own health and wellness. You will learn ways to cope and deal with challenges.

LEISURE & REC

Painting: Explore new mediums and techniques, collaborate with other artists and learn to paint from life.
Jam Sessions: Bring your talent and join peers on a musical jam session every Monday at 1:00-3:00pm.
Arts & Crafts: Explore your artistic side and open up your imagination through various creative activities.
Community Social: Play bingo, have fun, win prizes and enjoy snacks!
Karaoke: Come join other members in singing favorite songs.
Walking Group: Enjoy the beautiful scenery at Green Timbers Park! (To continue in Spring 2019)
Cultural Events: Come and join members in promoting diversity through food, song, dance and more!

JUNE

EMPLOYMENT - See Pg. 2

HOW CAN YOU HELP?

- *Help to prepare meals.*
- *Participate in maintaining a clean, orderly and welcoming clubhouse!*
- *Meet new people and make some friends!*
- *Join us for lunch at 12:00 pm. Please phone by 10.30 am to sign up for lunch. Cost: $3.00.*
- *Participate in the various classes and activities, such as, Art and Crafts, Jam Sessions, etc.*
- *Join us for our member meeting (every Wednesday at 9:30am).*

UPCOMING EVENTS

- **Bowling**
- **White Rock Walk and Ice Cream**
- **Tynehead Park - Nature Walk**
- **Timmy's Coffee and Donut**

***** Please refer to flyers and sign-up sheets in the clubhouse for more info *****

REMINDERS

PLEASE NOTE:

CLUBHOUSE OPEN
10:00am on June 13th
due to staff meeting.