











<div><div>A PROGRAM OF</div><div><div>options</div><div>COMMUNITY SERVICES</div></div><div></div></div> <div><div>BASIC LIVING</div><div>Budgeting/Shopping Self-Esteem Workshop Relationship Building Workshop/Goal Planning Workshop/Communication Skills/ Gardening Photography Club/Men’s Group/Women’s Group Menu Planning/Nutrition Baking/Community Healthy Body, Healthy Mind Discussion.</div><div>LEISURE</div><div>Arts & Crafts Classes Movies Mall Outings Cards Special Events Games/Bingo/Pool Walking/Wii Fit/Swim & Gym/Baseball Basketball/Bowling Floor Hockey Guitar Lessons/Jewelry Classes Dances Interclub house Picnics B.B.Q. Camping/Cultural Dinner & Activities.</div><div>Wellness</div><div>Healthy Eating/Weight Management/Smoking Cessation/WRAP/R.S.T. Yoga/Art Therapy <i>Workshops and activities requested by members.</i></div><div>EMPLOYMENT</div><div>See Back page</div></div>	Mon	Tue	Wed	Thu	Fri	<div><div>Recovery Support Training</div><div>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.</div><div>W.R.A.P is a</div><div>Wellness Recovery Action Plan 8 session workshop that will help you learn to integrate five key concepts of recovery into your life. Closed group</div><div>Young Adults</div><div>Offers a variety of social, recreational activities out in the community This program provides opportunities to learn new skills and integrate back into the community and meet new friends (Y.A from the age of 19-29)</div><div>Cultural Events</div><div>Promoting diversity through food discussion sessions. Planned outings in the community Buddhist temples, and Hindu temples in the area.</div><div>Members’ Meeting On Request</div><div></div></div>	
	<div><div>2</div><div><div>CLOSED for LABOUR DAY</div><div></div></div></div>	<div><div>3</div><div>9:30-10:00 Wellness Workout 1:30-2:30 Member’s Meeting NO WOMEN’S OR MEN’S GROUP 4:00-8:00 Community Integration: Dinner and Bowling (\$6)</div><div></div></div>	<div><div>4</div><div>9:30-10:00 Wellness Workout 1:00-3:00 OUTING: COSTCO 4:00-8:00pm Alive group: BBQ at Bear Creek (\$4)</div></div>	<div><div>5</div><div>9:00-4:00 Annual Baseball Tournament (be at Whale House by 9am) Noel Booth Park, Langley NO YOGA NO EVENING PROGRAM</div></div>	<div><div>6</div><div>9:30-10:00 Wellness Workout 10:00-11:30 Photography Club - Tynehead Park  1:30-3:00 Positive Vibes - Acceptance 1:30-3:00 7 Steps to Employment</div></div>		
	<div><div>9</div><div>9:30-10:00 Wellness Workout 10-12:00 Gardening Crew 1:00 Weekly Menu Planning 1:30 Outing: Grocery Shopping 2:30-3:45 Art Therapy: Surrey Art Gallery</div></div>	<div><div>10</div><div>9:30-10:00 Wellness Workout 1:30-2:30 Outing: Women’s Group: Creative Emporium 1:30-3:30 Men’s Group: Croquet 4:00-8:00 Community Integration: Dinner and Bowling (\$6)</div><div></div></div>	<div><div>11</div><div>9:30-10:00 Wellness Workout 10:30-11:30 Exercise Group 1:00-3:00 OUTING: WALMART 3:00-4:00: Drum Circle 4:00-8:00pm Alive group: Ping Pong (\$4)</div></div>	<div><div>12</div><div>9:30-10:00 Wellness Workout 10:00-12:00 Gardening Crew 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 Flag Football & Dinner(\$4)</div></div>	<div><div>13</div><div>9:30-10:00 Wellness Workout 10:00-11:30 Photography Club: - Serpentine Fen 1:30-3:00 Positive Vibes - Letting Go 1:30-3:00 7 Steps to Employment</div></div>		
	<div><div>16</div><div>9:30-10:00 Wellness Workout 10-12:00 Gardening Crew 1:00 Weekly Menu Planning 1:30 Outing: Grocery Shopping 2:30-3:45 Art Therapy: Sidewalk Chalk Art</div></div>	<div><div>17</div><div>9:30-10:00 Wellness Workout 1:30-2:30 Outing: Women’s Group: Bear Creek Park 1:30-3:30 Men’s Group: Bocce Ball 4:00-8:00 Community Integration: Dinner and Bowling (\$6)</div><div></div></div>	<div><div>18</div><div>9:30-10:00 Wellness Workout 11:00-2:00 Inter Clubhouse picnic (\$3) NO OUTING! Drum Circle 3:00-4:00pm 4:00-8:00 Alive Group: Culture Night: Sikh Temple (by donation)</div></div>	<div><div>19</div><div>9:30-10:00 Wellness Workout 10:00-12:00 Gardening Crew 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 Swim /Gym & Dinner (\$4)</div></div>	<div><div>20</div><div>9:30-10:00 Wellness Workout 10:00-11:30 Photography Club: - GreenTimbers Urban Forest 1:30-3:00 Positive Vibes - Optimism 1:30-3:00 7 Steps to Employment</div></div>		
	<div><div>23</div><div>9:30-10:00 Wellness Workout 10-12:00 Gardening Crew 1:00 Weekly Menu Planning 1:30 Outing: Grocery Shopping 2:30-3:45 Art Therapy: Geometric College Art</div><div></div></div>	<div><div>24</div><div>9:30-10:00 Wellness Workout 1:30-2:30 Outing: Women’s Group: Fort Langley 1:30-3:30 Men’s Group: Ping Pong 4:00-8:00 Community Integration: Dinner & Movie Night (\$10.50)</div></div>	<div><div>25</div><div>9:30-10:00 Wellness Workout 10:30-11:30 Exercise Group 1:00-3:00 OUTING: GUILFORD MALL 3:00-4:00: Drum Circle 5:00-8:00 Alive Group: Restaurant Outing (Bring \$\$)</div></div>	<div><div>26</div><div>9:30-10:00 Wellness Workout 10:00-12:00 Gardening Crew 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 Baseball Team Dinner</div></div>	<div><div>27</div><div>9:30-10:00 Wellness Workout 10:00-11:30 Photography Club: - Redwood Forest 1:30-3:00 Positive Vibes - Healthy use of technology 1:30-3:00 7 Steps to Employment</div></div>		
	<div><div>30 BIRTHDAY BASH</div><div>9:30-10:00 Wellness Workout 10-12:00 Gardening Crew 1:00-2:00 Jam Session!! 1:00 Weekly Menu Planning 1:30 Outing: Grocery Shopping 2:30-3:45 Art Therapy:</div></div>	<div><div></div><div><div>S E P T E M B E R</div></div><div></div></div>					

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 program
4 pm - 8 pm
- ♦ Thursday evenings sports
4 pm - 8 pm

Please contact Whale House for more information.



September Schedule 2019

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

SEPTEMBER 2019 HIGHLIGHTS

- ♦ Art Therapy on Mondays



- ♦ 7 Steps to Employment

- ♦ Positive Vibes Workshop



- ♦ Baseball Championship



- ♦ Photography Club Fridays

