

New Frontier Clubhouse













Happy
Holidays!






DECEMBER

~ NEW FRONTIER CLUBHOUSE ~

| DEC 2019 | Mon | Tue | Wed | Thu | Fri | |
|---|---|---|--|--|---|--|
|  <p>9803 - 140 St. Surrey BC, V3T 4M4</p> <p>Phone: 604.581.6177</p> | <p>02. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting Group 1:00-3:00pm</p> | <p>03. 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 WRAP 1:00-3:00pm</p> | <p>04. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm CHRISTMAS LIGHT TOUR Time: 4:00pm Cost: FREE</p> | <p>05. Drop in Social 9-10am Swim and Gym 10:00-11:30am Open Mic Topic: Winter Ready Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm TAMANAWIS CHRISTMAS DINNER Time: 6:30pm (Meet @ CH 5:30pm) WRAP 1:00-3:00pm</p> | <p>06. Drop in Social 9-10am My Anxiety Plan 10:00-11:30am Allyson's Kitchen 10:30-12:00pm In-house Movie 1:00-3:00pm </p> | <p>BASIC LIVING SKILLS</p> <ul style="list-style-type: none"> • Conversation skills • Problem Solving skills • Relationship Building • Budgeting/Shopping • Basic cleaning • Menu Planning • Meal preparation • Food safe practices • Accessing Community Resources <p>LEISURE PROGRAMS</p> <ul style="list-style-type: none"> • Art/Craft Classes • Games/Bingo/Pool • Jam Sessions • Walking/Hiking • Baseball • Movies <p>WELLNESS</p> <ul style="list-style-type: none"> • WRAP • RST • Meditation • Substance Use <p>EMPLOYMENT SERVICES</p> <ul style="list-style-type: none"> • TVP • Competitive Employment • Supported Work Program <p><i>(Please see back page for</i></p> |
| | <p>09. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Card Making 1:00-3:00pm</p> | <p>10. 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</p> | <p>11. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm Delta Clubhouse Open House Time: Van leaves 12:30pm BARRY WHAITES PIZZA LUNCH & GIFTS Time: 12:00pm—FREE</p> | <p>12. Drop in Social 9-10am Classical Stretching 10:00-11:30am Open Mic Topic: Winter Solstice Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-</p> | <p>13. Drop in Social 9-10am My Anxiety Plan 10:00-11:30am Allyson's Kitchen 10:30-12:00pm Karaoke 1:00-3:00pm </p> | |
| | <p>16. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Jewelry Making 1:00-3:00pm</p> | <p>17. 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</p> | <p>18.  Clubhouse Christmas Party Time: 11:00-2:00pm</p> | <p>19. Drop in Social 9-10am Swim and Gym 10:00-11:00am Open Mic Topic: Christmas Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm</p> | <p>20. Drop in Social 9-10am Allyson's Kitchen 10:30-12:00pm In-house Movie 1:00-3:00pm </p> | |
| <p>Clubhouse Hours <i>Monday to Friday</i> <i>9am - 4pm</i></p> <p>Young Adults Program (Please see separate YOUNG ADULTS Calendar for more details)</p>  <p>Please feel free to call the clubhouse for more</p> | <p>23. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Card Making 1:00-3:00pm</p> | <p>24. 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</p> | <p>25. CHRISTMAS DAY Clubhouse Closed</p>  | <p>26. BOXING DAY Clubhouse Closed</p>  | <p>27. Drop in Social 9-10am Allyson's Kitchen 10:30-12:00pm Karaoke 1:00-3:00pm </p> | |
| | <p>30. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting Group 1:00-3:00pm</p> | <p>31. 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</p> |  | | | |

New Frontier Clubhouse ~ EMPLOYMENT SERVICES

| 2019 | Mon | Tue | Wed | Thu | Fri | |
|--|---|---|---|---|--|---|
|  <p>9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177 Fax: 604.583.7970</p> | <p>02. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Interviews @ <i>The Roost</i> site 9:00-12:00 Supported Work Program EPI: 12:30-3:00pm Resume Development By Appointment</p> | <p>03. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> <p>Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> By Appointment</p> | <p>04. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> | <p>05. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> <p>One on One Job Search By Appointment</p> | <p>06. Supported Work Program 9:00 am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking/Hidden Job Market</i> By Appointment</p> | <p>EMPLOYMENT SERVICES</p> <p>➤ TVP <i>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.</i> Contact: Udeepa @ Surrey Clubhouse 604.581.6177</p> <p>➤ Supported Work Program <i>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.</i> Contact Will @ 604.506.1826</p> <p>➤ Competitive Employment <i>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.</i> Contact: Udeepa @ 604.581.6177</p> |
| | <p>09. TVP Janitorial Training 8:00-9:00 am</p> <p>Supported Work Interviews @ <i>The Roost</i> site 9:00-12:00 Supported Work Program EPI: 12:30-3:00pm Resume Development By Appointment</p> | <p>10. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> <p>Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> By Appointment</p> | <p>11. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> | <p>12. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> <p>One on One Job Search By Appointment</p> | <p>13. Supported Work Program 9:00am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking/Hidden Job Market</i> By Appointment</p> | |
| <p>Clubhouse Hours <i>Monday to Friday</i> <i>9am - 4pm</i></p> <p>Please feel free to call the clubhouse for more program details.</p>  | <p>16. TVP Janitorial Training 8:00-9:00 am</p> <p>Supported Work Interviews @ <i>The Roost</i> site 9:00-12:00 Supported Work Program EPI: 12:30-3:00pm Resume Development By Appointment</p> | <p>17. TVP Janitorial Training 8:00-9:00am</p> <p>TVP Info Interviews 10am-3pm</p> <p>Supported Work Program 9:00am-3:00pm</p> <p>Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> By Appointment</p> | <p>18. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> | <p>19. TVP Janitorial Training 8:00-9:00am</p> <p>Supported Work Program 9:00am-3:00pm</p> <p>One on One Job Search By Appointment</p> | <p>20. Supported Work Program 9:00am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking/Hidden Job Market</i> By Appointment</p> | |
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NEW FRONTIER CLUBHOUSE

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, pool/billiards & card games - 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!

DECEMBER

EMPLOYMENT - See Pg. 2



WHAT'S NEW?

Safe Place for LGBTQ2+ This group will create a safe and supportive environment for people in the LGBTQ2+ community. We will be discussing a wide variety of topics that are relevant to peoples lives today.

My Anxiety Plan (MAP) is created by Anxiety Canada to help individuals struggling with anxiety. You will acquire hands-on strategies and tools to manage anxiety. Join us and chart your own course through anxiety with your very own MAP!

UPCOMING EVENTS

- Christmas Light Tour
- Tamanawis Christmas Dinner
- Barry Whites Pizza Lunch & Gifts
- Delta Clubhouse Open House
- Clubhouse Christmas Party
- Birthday Bash

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

REMINDERS

PLEASE NOTE:

CLUBHOUSE CLOSED

Dec 25th - Christmas Day

Dec 26th - Boxing Day

