

HAPPY
New Year

A collection of blue and green snowflakes of various sizes scattered around the 'Happy New Year' text.

New Frontier Clubhouse




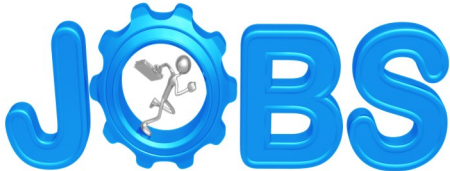

JANUARY

~ NEW FRONTIER CLUBHOUSE ~



JAN 2019	Mon	Tue	Wed	Thu	Fri	
			01. CLUBHOUSE CLOSED New Years Day 	02. Drop in Social 9-10am Swim and Gym 10:00-11:30am Open Mic: Topic - New Year + Reso- lution 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm	03. Drop in Social 9-10am NEW YEARS BRUNCH Time: 11:00am Cost: FREE 	BASIC LIVING SKILLS <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
9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177	06. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11am Jam Session 1:00-3:00pm Card Making 1:00-3:00pm	07. 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	08. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10am Color Your World 1:00-2:30pm IKEA BREAKFAST Time: 9:30am-1:30pm Cost: \$1.99+	09. Clubhouse Open at 10:00am due to Staff Meeting Classical Stretching 10:00-11:30am Open Mic: Topic - Social Norms Time: 11:00-11:30am In-House Games 1:30-3:00pm	10. Drop in Social 9-10am Beat the Winter Blues 1:30-3pm Allyson's Kitchen 10:30-12:00pm Karaoke 1:00-3:00pm 	
Clubhouse Hours <i>Monday to Friday</i> <i>9am - 4pm</i> Young Adults Program (Please see separate YOUNG ADULTS Calendar for more details) Please feel free to call the clubhouse for more program details.	13. 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	14. 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	15. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10am Color Your World 1:00-2:30pm BOWLING Time: 1:00-3:30pm Cost: \$2.50	16. Drop in Social 9-10am Swim and Gym 10:00-11:00am Open Mic: Topic - H&S: Hazardous Material Spills/Explosions Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm	17. Drop in Social 9-10am Beat the Winter Blues 1:30-3pm Allyson's Kitchen 10:30-12:00pm In-house Movie 1:00-3:00pm 	LEISURE PROGRAMS <ul style="list-style-type: none"> • Art/Craft Classes • Games/Bingo/Pool • Jam Sessions • Walking/Hiking • Baseball • Movies
	20. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11am Jam Session 1:00-3:00pm Jewelry Making 1:00-3:00pm	21. 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	22. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10am Color Your World 1:00-2:30pm COQUITLAM CENTRE Time: 1:00-3:30pm Cost: FREE	23. Clubhouse Open at 9:30am due to Staff Meeting Classical Stretching 10-11:30am Open Mic: Topic - Drugs & Alcohol Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm	24. Drop in Social 9-10am Beat the Winter Blues 1:30-3pm Allyson's Kitchen 10:30-12:00pm Karaoke 1:00-3:00pm 	WELLNESS <ul style="list-style-type: none"> • WRAP • RST • Meditation • Substance Use
	27. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11am Jam Session 1:00-3:00pm Painting Group 1:00-3:00pm	28. 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	29. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10am Color Your World 1:00-2:30pm MOVIES @ LANDMARK Time: 12:30-3:30pm Cost: \$7.99	30. Drop in Social 9-10am Swim and Gym 10:00-11:00am Open Mic: Topic—Current Events Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1:00-3:00pm Monthly Birthday Bash 1:00pm	31. Drop in Social 9-10am Beat the Winter Blues 1:30-3pm Allyson's Kitchen 10:30-12:00pm In-house Movie 1:00-3:00pm 	EMPLOYMENT SERVICES <ul style="list-style-type: none"> • TVP • Competitive Employment • Supported Work Program (Please see back page for more information)

New Frontier Clubhouse ~ EMPLOYMENT SERVICES

2019	Mon	Tue	Wed	Thu	Fri	
			01. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm	02. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm One on One Job Search <i>By Appointment</i>	03. 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> <i>By Appointment</i>	EMPLOYMENT SERVICES ➤ 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 ➤ 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 ➤ 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
9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177 Fax: 604.583.7970	06. TVP Janitorial Training 8:00-9:00 am Supported Work Interviews @ The Roost site 9am-12pm Supported Work Program EPI: 12:30-3:00pm Resume Development <i>By Appointment</i>	07. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> <i>By Appointment</i>	08. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm	09. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm One on One Job Search <i>By Appointment</i>	10. Supported Work Program 9:00am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking/Hidden Job Market</i> <i>By Appointment</i>	
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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!

JANUARY

EMPLOYMENT - See Pg. 2



WHAT'S NEW?

Safe Place for LGBBTQ2+ This group will create a safe and supportive environment for people in the LGBBTQ2+ community. We will be discussing a wide variety of topics that are relevant to peoples lives today.

Beat the Winter Blues (Depression Group) "Sometimes the winter seems longer and bleaker after the festivities of the Christmas holidays. This group is meant to provide support and skills for those who live with depression and find the winter-time to be especially challenging."

UPCOMING EVENTS

- New Years Brunch
- Ikea Breakfast
- Bowling
- Coquitlam Centre
- Movies @ Landmark Theaters

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

REMINDERS

PLEASE NOTE:

CLUBHOUSE CLOSED

Jan 01 - New Years Day

Jan 09 - Clubhouse Open 10:00am

Jan 23 - Clubhouse Open 9:30am

