New Frontier
Clubhouse

A PROGRAM OF options COMMUNITY SERVICES

MARCH

~ NEW FRONTIER CLUBHOUSE ~

MAR 2020	Mon	Tue	Wed	Thu	Fri
A PROGRAM OF options COMMUNITY SERVICES	**02.** Drop in Social 9-10am **Grocery Shopping** 9:30am **Member Leadership Training** Time: 9:30-11:30am **Computer Lesson** 10-11:00am **Jam Session** 1:00-3:00pm **Jewelry Making** 1:00-3:00pm	**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** 1-2pm	**04.** CLUBHOUSE CLOSED **Clubhouse Learning Exchange** (Staff Training)	**05.** Drop in Social 9-10am **Walking Group** 10:00-11:30am **Open Mic:** H&S - Universal Dis-ease Precautions 11:00-11:30am **In-House Games** 1:30-3:00pm **Creative Writing Circle** 1-3pm	**06.** Drop in Social 9-10am **Allyson's Kitchen** Time: 10:30am-12:00pm **In-House Games & Karaoke** Time: 1:00-3:00pm
9803 - 140 St. **Surrey BC V3T 4M4** **Phone: 604.581.6177** **Fax: 604.583.7970**	**09.** Drop in Social 9-10am **Grocery Shopping** 9:30am **Member Leadership Training** Time: 9:30-11:30am **Computer Lesson** 10-11am **Jam Session** 1:00-3:00pm **Card Making** 1:00-3:00pm	**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** 1-2pm	**11.** Drop in Social 9-10am **Members Meeting** 9:30-10:00am **Menu/Leisure Planning** 10am **Color Your World** 1:00-2:30pm **Peer-2-Peer Sessions** 1-3:00pm IKEA BREAKFAST Time: 9:30-1:30pm Cost: At own cost (bring $)	**12.** Clubhouse Open at 10:00am due to Staff Meeting **Classical Stretching** 10-11:00am **Open Mic:** Income Tax Info Ses-sion 11:00-11:30am **In-House Games** 1:30-3:00pm **Creative Writing Circle** 1-3pm	**13.** Drop in Social 9-10am **Allyson's Kitchen** Time: 10:30am-12:00pm **In-house Movie** Time: 1:00-3:00pm **Spirituality Group** Time: 2:30-3:30pm
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.**	**16.** Drop in Social 9-10am **Grocery Shopping** 9:30am **Member Leadership Training** Time: 9:30-11:30am **Computer Lesson** 10-11am **Jam Session** 1:00-3:00pm **Painting Group** 1:00-3:00pm	**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** 1-2pm St. Patrick's Day	**18.** Drop in Social 9-10am **Members Meeting** 9:30-10:00am **Menu/Leisure Planning** 10am **Color Your World** 1:00-2:30pm **Peer-2-Peer Sessions** 1-3:00pm MOVIE DAY @ LANDMARK CINEMA GUILDFORD Time: 12:30-3:30pm / Cost: $7.50 **PAY DAY**	**19.** Drop in Social 9-10am **Walking Group** 10:00-11:30am **Open Mic:** Spring Time: 11:00-11:30am **In-House Games** 1:30-3:00pm **Creative Writing Circle** 1-3pm	**20.** Drop in Social 9-10am **Allyson's Kitchen** Time: 10:30am-12:00pm **In-House Games & Karaoke** Time: 1:00-3:00pm 1st Day of Spring
	23. Drop in Social 9-10am **Grocery Shopping** 9:30am **Member Leadership Training** Time: 9:30-11:30am **Computer Lesson** 10-11am **Jam Session** 1:00-3:00pm **Jewelry Making** 1:00-3:00pm	**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** 1-2pm	**25.** Drop in Social 9-10am **Members Meeting** 9:30-10:00am **Menu/Leisure Planning** 10am **Color Your World** 1:00-2:30pm **Peer-2-Peer Sessions** 1-3:00pm CENTENNIAL BEACH NATURE WALK & COFFEE Time: 10:00-3:30pm Cost: FREE	**26.** Clubhouse Open at 9:30am due to Staff Meeting **Classical Stretching** 10-11am **Open Mic:** Current Events Time: 11:00-11:30am **In-House Games** 1:30-3:00pm **Creative Writing Circle** 1-3pm Monthly Birthday Bash 1:00pm	**27.** Drop in Social 9-10am **Allyson's Kitchen** Time: 10:30am-12:00pm **In-house Movie & Video Games** Time: 1:00-3:00pm **Spirituality Group** Time: 2:30-3:30pm
	30. Drop in Social 9-10am **Grocery Shopping** 9:30am **Member Leadership Training** Time: 9:30-11:30am **Computer Lesson** 10-11am **Jam Session** 1:00-3:00pm **Painting Group** 1:00-3:00pm	**31.** Drop in Social 9-10am **Breakfast Club** 9:30-11:30am **Meditation** 10:30-11:00am **Knit/Crochet** 11am-12pm **Community Social** 1-2pm	Spring		DAYLIGHT SAVINGS SUNDAY, March 8th **Spring forward 1 hour!**

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

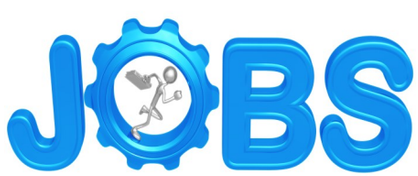
- WRAP
- RST
- Meditation
- Substance Use

EMPLOYMENT SERVICES

- TVP
- Competitive Employment
- Supported Work Program

(Please see back page for more information)

New Frontier Clubhouse ~ EMPLOYMENT SERVICES

MAR 2020	Mon	Tue	Wed	Thu	Fri
A PROGRAM OF options COMMUNITY SERVICES	**02. 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** *By Appointment*	**03. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **Employability Group Workshop:** ***Interviewing/Cover Letter Training*** *By Appointment*	**04. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**05. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**06.Supported Work Program** 9:00 am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking/Hidden Job Market*** *By Appointment*
9803 - 140 St. **Surrey BC, V3T 4M4** **Phone: 604.581.6177** **Fax: 604.583.7970**	**09. 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** *By Appointment*	**10. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **Employability Group Workshop:** ***Interviewing/Cover Letter Training*** *By Appointment*	**11. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**12. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**13.Supported Work Program** 9:00am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking/Hidden Job Market*** *By Appointment*
Clubhouse Hours *Monday to Friday* *9am - 4pm* **Please feel free to call the clubhouse for more program details.**	**16. 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** *By Appointment*	**17. 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*	**18. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm ***Income Assistance*** ***PAY DAY***	**19. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**20.Supported Work Program** 9:00am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking/Hidden Job Market*** *By Appointment*
	23. 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** *By Appointment*	**24. 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*	**25. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm	**26. TVP Janitorial Training** 8:00-9:00am **Supported Work Program** 9:00am-3:00pm **One on One Job Search** *By Appointment*	**27. Supported Work Program** 9:00am-3:00pm **TVP Placement Search Assistance** 1:00-3:00pm **Employability Group Workshop:** ***Networking/Hidden Job Market*** *By Appointment*
	30. 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** *By Appointment*	**31. 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*			

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: Udeepa @ 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

➢ 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: Udeepa @ 604.581.6177

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!

MARCH

EMPLOYMENT - See Pg. 2

WHAT'S NEW?

Safe Place for LGBBTQ2+*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.*

UPCOMING OUTINGS

- **Clubhouse Learning Exchange**
- **IKEA Breakfast**
- **Movie Day @ Landmark Cinema Guildford**
- **Nature Walk/Coffee Centennial Beach**

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

REMINDERS

PLEASE NOTE:

CLUBHOUSE CLOSED
Mar 04 - (Staff Training)

Mar 12 - Open 10am (Staff Meeting)
Mar 26 - Open 9:30am (Staff Meeting)