

<p>Locations: Shawnigan Training Apartment #123 – 14th Ave. Tsawwassen</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Winskill Aquatic Centre 5575 9 Ave. Tsawwassen</p>	<p>March 2017</p>	 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p>moving forward together</p> <p>**Please note that dates and times are subject to change.</p>	<p>March 2017</p>	<p>PH: 604.596.6694</p> <p>www.dawnsociety.ca (access our calendar online)</p> <p>North Clubhouse: 11715 72nd Ave. Delta</p>
<p>MONDAY(SOUTH)</p>	<p>TUESDAY(NORTH)</p>	<p>WEDNESDAY(SOUTH)</p>	<p>THURSDAY(NORTH)</p>	<p>FRIDAY(NORTH)</p>
	<p>**Every Tuesday is Young Adult Group (Contact Aferdita)</p>	<p>1. </p> <p>D.A.W.N Clubhouse comes to the South!! Drop in at the Shawnigan Training Apartment 10:30am-12:30pm</p> <p>-Refreshments -Preview of the new South Programs -Meet Staff & others from the South Community</p>	<p>2. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-RCCS: Strength Revealers #1 11:00am-12:00pm-Computer Class 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:30-3:30pm-Discussion on Pay it Forward Day and Movie</p>	<p>3. Open 1pm-8pm 1:30pm-2:30pm-A Way In to Personal Growth: Accomplishments and Mistakes 2:30pm-3:00pm-Menu Plan Grocery List 3:00pm-3:30pm-Meditation and Mindfulness 3:30pm-Members' Meeting 3:00pm-5:30pm-Culinary Work Skills & Dinner (Cost \$3) 6:00pm-8:00pm-Evening Program-Idea Building</p>
<p>6. Clubhouse Closed North & South For Individual Recovery Plan Appointments</p>	<p>7. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-12:00am- Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am-DAWN Talks: Dealing with Loneliness 11:30am-1:00pm- Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-3:00pm-You Gotta Have Art (Painting and Mandalas)</p> <div data-bbox="375 926 641 1003" style="border: 1px solid black; padding: 5px;"> <p>YA Group Planning and Updates 2:00pm-3:30pm</p> </div>	<p>8. 10:30am-11:30am-Money Budgeting Session #1 10:30am-11:30am-Computer Class at Ladner Library 11:45am-12:30pm- Ready, Set, Work...WHY WORK? 1:30-3:00 HBHM Local Walk and Coffee</p> <div data-bbox="667 856 940 934" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: Coffee, tea and ideas</p> </div>	<p>9. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-RCCS: Strength Revealers #2 11:00am-12:00pm-Computer Class 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:30-2:30pm-Ready, Set, Work...Why Work? 2:30pm-3:30pm-HBHM: Local Walk (Strawberry Hill Park)</p>	<p>10. Open 10am-4pm 10:30am-11:30am-Menu Plan Grocery List 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:00pm-Members' Meeting 1:30pm-2:30-A Way in to Personal Growth: Explore your inner self 2:30pm-3:30pm-Susan's Craft Corner (Beading)</p>
<p>13. 10:30am-11:00pm- A Way in to Personal Growth: Self-esteem inventory 11:00pm-12:00pm-DAWN Talks: When you Get Angry 1:30pm-3:00pm-You Gotta Have Art at Little House Society (Mandalas) 1:30pm-3:00pm-Fitness Program at Winskill</p>	<p>14. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-12:00am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am-DAWN Talks: When you Get Angry 11:30am-1:00pm- Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-3:00pm-You Gotta Have Art</p> <div data-bbox="407 1276 605 1325" style="border: 1px solid black; padding: 5px;"> <p>YA Group TBA</p> </div>	<p>15. 10:30am-11:30am-Money Budgeting Session #2 10:30am – 11:30am-Computer Class at Ladner Library 11:45am -12:30pm- Ready, Set, Work...Why Work & Coping with Work Stress 1:30pm to 3:00pm-HBHM: Effects of Coffee on the Body</p> <div data-bbox="667 1224 932 1302" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: Community</p> </div>	<p>16. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-RCCS: Building a Road to Hope #1 11:00am-12:00pm-Computer Class 11:30am-1:00pm- Culinary Work Skills and Lunch (Cost \$3.00) 1:30-2:30pm-Ready, Set, Work...Why Work & Coping with Work Stress 2:30pm-3:30pm-HBHM: The Effects of Coffee on the Body</p>	<p>17. Open 1pm-8pm 1:30pm-2:30pm-A Way in to Personal Growth: Self-image 2:30pm-3:00pm-Menu Plan Grocery List 3:00pm-3:30pm-Meditation and Mindfulness 3:30pm-Members Meeting 3:00pm-5:30pm-Culinary Work Skills & Dinner (Cost \$3) 6:00pm-8:00pm-Social Program: Let's be Irish</p> 
<p>20. 10:30am-11:00pm- A Way in to Personal Growth: Setting realistic expectations 11:00pm-12:00pm-DAWN Talks: When I cannot Sleep 1:30pm-3:00pm-You Gotta Have Art at Little House Society (Mandalas) 1:30pm-3:00pm-Fitness Program at Winskill</p> <div data-bbox="87 1556 347 1633" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm- Job Search</p> </div>	<p>21. Open 10am-5pm 10:00am-12:00am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am- DAWN Talks: When I cannot Sleep 11:30am-1:00pm-Bring a Bagged Lunch Day 1:30pm-3:00pm-You Gotta Have Art 3:00pm-5:00pm-Jammin' with Jared</p> <p>and </p> <div data-bbox="386 1591 641 1656" style="border: 1px solid black; padding: 5px;"> <p>YA Group Coffee and a Walk 1:00pm</p> </div>	<p>22. North & South Clubhouse Closed for Fraser Health STAFF Learning Exchange</p>	<p>23. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-RCCS: Building a Road to Hope #2 11:00am-12:00pm- Computer Class 11:30am-1:00pm- Culinary Work Skills and Lunch (Cost \$3.00) 1:30-2:30pm-Ready, Set, Work...What Are My Skills? 2:30pm-3:30pm-HBHM: Stretch Class</p>	<p>24. Open 10am-4pm 10:30am-11:30am-Menu Plan Grocery List 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:00pm-Members' Meeting 1:30pm-2:30-A Way in to Personal Growth: Comparing yourself to others 2:30pm-3:30pm-Interested in Fishing? Let Stephen share his knowledge with you.</p>
<p>27. 10:30am-11:00pm-A Way in to Personal Growth: Accomplishments and mistakes 11:00pm-12:00pm-DAWN Talks: When I Feel Inspired 1:30pm-3:00pm-You Gotta Have Art at Little House Society (Peer led craft) 1:30pm-3:00pm-Fitness Program at Winskill</p> <div data-bbox="87 1913 347 1978" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm- Job Search</p> </div>	<p>28. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-12:00am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am- DAWN Talks: When I Feel Inspired 11:30am-1:00pm- Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-3:00pm-You Gotta Have Art</p> <div data-bbox="407 1906 634 1978" style="border: 1px solid black; padding: 5px;"> <p>YA Group Movie (Power Rangers, cost \$5) 12:30pm</p> </div>	<p>29. 10:30am-11:30am-Money Budgeting Session #3 10:30am – 11:30am-Computer Class at Ladner Library 11:45am -12:15pm-Members Meeting & Light Lunch (Cost \$3) 1:00 – 3:00 Local Thrift Stores Outing</p> <div data-bbox="667 1864 927 1969" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: Outing to Kennedy Seniors Centre</p> </div>	<p>30. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-RCCS: My Values 11:00am-12:00pm-Computer Class 11:30am-1:00pm- Culinary Work Skills and Lunch (Cost \$3.00) 1:30-2:30pm-Ready, Set, Work...What are My Skills? 2:30pm-3:30pm-HBHM: Stretch Class</p>	<p>31. Open 1pm-8pm 1:30pm-2:30pm-A Way in to Personal Growth: Tips for building self-esteem (Copeland) 2:30pm-3:00pm-Menu Plan Grocery List 3:00pm-3:30pm-Meditation and Mindfulness 3:30pm-3:45pm-Members Meeting 4:00pm-Outing: Dinner at Ikea</p>

CLUBHOUSE PROGRAMS



Employment Programs/Supported Work programs Offered through the Clubhouse, supports members who are interested in casual paid employment in a community setting:

The Gleam Team (a cleaning service serving the communities of Surrey and Delta); the **Moving Crew** (a group of individuals who do small, local moving jobs and are paid an hourly wage) and the **Delta Hospital TV Rental Program** (providing TV rentals to patients at Delta Hospital).

Volunteer Opportunities Therapeutic Volunteer Placement program offers a volunteer experience in the community and is twelve months in duration. Placements are tailored to meet a person's individual needs that they have determined for themselves (Persons in the T.V.P. program are required to do a minimum of 10 hours volunteering each month and receive a monthly honorarium

Ready, Set, Work This group concentrates on exploring different employment opportunities, practicing interview skills, working on computer skills, exploring and discussing job requirements.

Young Adults (Ages 19-30) This group of young adults meets every Tuesday to engage with one another in various activities such as, social recreation, volunteerism, community exploration and education. This enables individuals to socialize and be more involved in their community.

Social Recreation A variety of special events are scheduled such as Christmas lights, tours Burnaby Village Museum, walking around Gastown, or taking trips to local beaches, and various community events.

Relationship Group This closed group has two to three sessions per year with a facilitator. The focus is on identifying, developing and maintaining healthy relationships.

DAWN Talks Various topics are discussed ranging from current events in the community and in the world, to concerns brought up by the members.

You Gotta Have Art Individuals are encouraged to explore their artistic side through different media. Within this gathering there is a painting group, a drawing group and a group of mandala enthusiasts

Music Program We invite musicians to come in each month and entertain. Members are encouraged to sing and/or play along.

Healthy Body, Healthy Mind A variety of topics regarding healthy eating, exercise and the importance of maintaining a healthy lifestyle.

Members Meeting Every Friday North and last Wednesday, South members meet to discuss current events, clubhouse duties, and the monthly calendar. This meeting gives members the opportunity to plan upcoming events and activities of the Clubhouse.

Culinary Program Members meet to plan the menu, prepare the shopping list, and shop. Members prepare the meals, and at the same time learn the requirements of Food Safe.

Guest speakers We often bring in speakers such as the Delta Mental Health Police Liaison, a person speaking on budgeting and finances, an employment specialist, ie. Work BC and guest artists.

Fitness Program Every Monday in the South and every Tuesday in the North individuals are encouraged to attend a one hour physical activity program at the local fitness centre.

Recovery Centered Clinical System Workshops (RCCS) "The conversations are focused on the individual. The group provides tools to awaken and enliven recovery within the individual".

A Way into Personal Growth Series A group in which a variety of topics on personal growth and self-esteem are explored.