

<p>Locations: Shawnigan Training Apartment #123 5555 – 14th Ave. Tsawwassen</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Winskill Aquatic Centre 5575 9 Ave. Tsawwassen</p>	<p style="text-align: center;">APRIL 2017</p>		 <p style="text-align: center;">D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p style="text-align: center;">moving forward together</p> <p><small>**Please note that dates and times are subject to change.</small></p>	<p style="text-align: center;">APRIL 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 style="text-align: center;">MONDAY(SOUTH)</p>	<p style="text-align: center;">TUESDAY(NORTH)</p>	<p style="text-align: center;">WEDNESDAY(SOUTH)</p>	<p style="text-align: center;">THURSDAY(NORTH)</p>	<p style="text-align: center;">FRIDAY(NORTH)</p>		
<p>3. 10:30am-11:00pm-A Way In to Personal Growth: (Shawnigan Apt) Explore Yourself 11:00pm-12:00pm- DAWN Talks: Let's Travel to Hawaii (Shawnigan Apt) 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Program at Winskill</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Job Search</p> </div>	<p>4. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:30am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am-DAWN Talks: Let's Travel to Hawaii 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-3:00pm-You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">YA Group: Walk/Log at Bear Creek Park 1:00pm</p> </div>	<p>5. 10:30am-11:30am- Meditation and Mindfulness 10:30am-11:30am-Computer Class at Ladner Library 11:45am-12:30pm- Ready, Set, Work...What type of work do I want to do? (Shawnigan Apt.) 1:30pm-3:00pm-HBHM: Walk at Deas Island Park 1:30pm-3:00pm-Love, Sex, Relationship Group Interviews (Contact Clubhouse for appointment)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: Services in Delta for Seniors</p> </div>	<p>6. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-11:00am-12:00pm-Computer Class 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-2:30pm-Ready, Set, Work...What type of work do I want to do? 1:30-3:30pm-HBHM: Positive Self-affirmations</p>	<p>7. 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: Self-Esteem #1 2:30pm-3:30pm-Peer Led Easter Craft with Susan</p>		
<p>10. 10:30am-11:00pm-A Way In to Personal Growth: (Shawnigan Apt) Self-Image 11:00pm-12:00pm-DAWN Talks: Let's Travel to Mexico (Shawnigan Apt) 1:30pm-3:00pm-You Gotta Have Art at Little House Society: Easter Craft with Susan 1:30pm-3:00pm-Fitness Program at Winskill</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Job Search</p> </div>	<p>11. Open 10am-5pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:30am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am-DAWN Talks: Let's Travel to Mexico 1:30pm-3:00pm- Easter LINNER 3:00pm-4:00pm-Jammin with Jared and Pizza 4:00pm-5:00pm-Dessert and Door Prizes</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">YA Group: Sushi 11:30am</p> </div>	<p>12. 10:30am-11:30am- Meditation and Mindfulness 10:30am-11:30am-Computer Class at Ladner Library 11:45am-12:30pm- Ready, Set, Work...What do I need to work? #1 (Shawnigan Apt.) 1:30pm-3:00pm-HBHM: Walk at Diefenbaker Park 1:30pm-3:00pm-Love, Sex, Relationship Group at Little House #1</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: Easter Baking and Tea</p> </div>	<p>13. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-Discover the Meaning of Easter around the World and Craft 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 do I need to work? #1 2:30pm-3:30pm-HBHM: Eating on a budget</p>	<p style="text-align: center;">CLOSED Good Friday</p> 		
<p style="text-align: center;">CLOSED Easter Monday</p> 	<p>18. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:30am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am- DAWN Talks: Let's Travel to Cuba 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-3:00pm-You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">YA Group: Bowling at Scottsdale Lanes</p> </div>	<p>19. 10:30am-11:30am-Planning for Pay it Forward Day 10:30am-11:30am-Computer Class at Ladner Library 11:45am -12:30pm- Ready, Set, Work...What do I need to work? #2 (Shawnigan Apt.) 1:30pm-3:00pm-HBHM: Walk at Centennial Beach 1:30pm-3:00pm-Love, Sex, Relationship Group at Little House #2</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: Games</p> </div>	<p>20. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-Planning for Pay it Forward Day 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 do I need to work? #2 2:30pm-3:30pm-HBHM: Walk at Strawberry Hill Park and a visit to the Library</p>	<p>21. 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: Self-Esteem#2 2:30pm-3:30pm-Peer Led Movie Corner</p>		
<p>24. 10:30am-11:00pm- A Way In to Personal Growth: (Shawnigan Apt) Comparing Yourself to Others 11:00pm-12:00pm-DAWN Talks: Let's Travel to Cuba (Shawnigan Apt) 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Program at Winskill</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Job Search</p> </div>	<p>25. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:30am-Fitness Program at Sungod 10:00am-11:30am-Grocery Shopping Skills 10:30am-11:30am-DAWN Talks: Let's Travel to Jamaica 11:30am-1:00pm-Culinary Work Skills and Lunch (Cost \$3.00) 1:30pm-3:00pm-You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">YA Group: Navigating the Coquitlam Evergreen Skytrain</p> </div>	<p>26. 10:30am-3:00pm-White Rock Outing 1:30pm-3:00pm-Love, Sex, Relationship Group at Little House #3</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Seniors Connect: A Walk in the Park</p> </div>	<p>27. Open 9am-4pm 9:00am-10:00am-Member Chat & Coffee 10:00am-11:00am-Clubhouse Maintenance 10:00am-11:00am-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...How do I market myself? 2:30pm-3:30pm-HBHM: Stretch Class</p>	<p>28. Open 1pm-8pm 1:30pm-2:30pm-A Way in to Personal Growth: Self-Esteem#3 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) 5:30pm-7:30pm-Pay it Forward Day...Come join us for Pay It Forward</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, i.e. 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.