


<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;">May 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;">May 2017</p>	<p style="text-align: right;">PH: 604.596.6694</p> <p style="text-align: right;">www.dawnsociety.ca (access our calendar online)</p> <p style="text-align: right;">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>1. MENTAL HEALTH WEEK 1:30pm-#GETLOUD for Mental Health Walk and Coffee</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-3:00pm-Job Search (By appointment only)</p> </div>	<p>2. MENTAL HEALTH WEEK Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 11:30-Art Exhibit at Delta Municipal Hall and Refreshments</p> <p style="text-align: center;">Please Meet at Clubhouse at 11:00am for a Ride</p> <p style="text-align: center;">CLUBHOUSE at 12PM</p>	<p>3. MENTAL HEALTH WEEK 10:30am- #GETLOUD for Mental Health Week 10:30am-Computer Class at Ladner Library 1:30pm-HBHM: Carbon Monoxide and Smokerlyzer Breathing Test 1:30pm-Love, Sex, Relationship Group at Little House #4</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Presentation on Anxiety</p> </div>	<p>4. MENTAL HEALTH WEEK Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:30am-Presentation on Depression 11:00am-Computer Class 12:30am-Pizza 1:30pm-Mental Health Week/Movie</p>	<p>5. MENTAL HEALTH WEEK Open 10am-4pm 10:30am-Menu Plan Grocery List 12:00pm-BBQ and Walk at Bear Creek Park for Mental Health Musical Guest Jammin with Jared</p>
<p>8. 10:30am-Way In to Personal Growth: Your Accomplishments (Shawnigan Apt) 11:00pm-12:00pm-DAWN Talks: Local Walk and Talk (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-Job Search (By appointment only)</p> </div>	<p>9. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: Local Walk and Talk 11:30am-Culinary Work Skills and Lunch 1:30pm-3:00pm-You Gotta Have Art</p> <p style="text-align: center;">CLOSED at 3pm for Staff Meeting</p>	<p>10. 10:30am-Meditation and Mindfulness 10:30am-Computer Class at Ladner Library 11:45am-Ready, Set, Work...Volunteer Placements (Shawnigan Apt.) 1:30pm-3:00pm-HBHM: Earthwise Society</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Let's color the world</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Love, Sex, Relationship Group Interviews</p> </div>	<p>11. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group Intro 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00-Ready, Set, Work 1:30pm-HBHM: Stretch Class</p>	<p>12. Open 1pm-8pm 1:30pm-Way in to Personal Growth: Your Accomplishments 2:30pm-Clubhouse Members Committee Information Session 3:30pm-Members' Meeting 5:00pm-Mother's Day Dinner</p>
<p>15. 10:30am-Way In to Personal Growth: Raising your self esteem (Shawnigan Apt) 11:00pm-12:00pm-DAWN Talks: Pros and Cons of Facebook(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-Job Search (By appointment only)</p> </div>	<p>16. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:30am-Post WRAP Refresher 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Movies at 12:30pm</p> </div>	<p>17. 10:30am- Community Kitchen Recipes and Planning (Registration) 10:30am-Computer Class at Ladner Library 11:45am-Ready, Set, Work (Shawnigan Apt.) 1:30pm-HBHM: Walk</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Guest Speaker Eva Veloso Seniors Support Coordinator</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Love, Sex, Relationship Group Session #1</p> </div>	<p>18. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am- Peer Facilitator Training Info Session 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00-Ready, Set, Work 1:30pm-HBHM: Carbon Monoxide and Smokerlyzer Bear Creek Park Walk</p>	<p>19. Open 10am-4pm 10:30am-Menu Plan Grocery List 11:30am-Culinary Work Skills and Lunch 1:00pm-Members' Meeting 1:30pm-Way in to Personal Growth: Negatives into Positives 2:30pm-Clubhouse Members Committee Meeting</p>
<p>22.</p> <p style="text-align: center; color: green; font-weight: bold; font-size: 1.2em;">Clubhouse CLOSED</p> <p style="text-align: center; color: green; font-weight: bold; font-size: 1.2em;">VICTORIA DAY</p>	<p>23. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: Pros and Cons of Facebook 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Learn to make sushi 1:30pm</p> </div>	<p>24. 10:30am-Community Kitchen Cooking Day 10:30am-Computer Class at Ladner Library</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Lunch Cost \$5</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Love, Sex, Relationship Group Session #2</p> </div>	<p>25. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am- Spirituality Group 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00-Ready, Set, Work 1:30pm-HBHM: Things to do daily for a healthy heart</p>	<p>26. Open 1pm-8pm 1:30pm-Way in to Personal Growth: Raising your self esteem 2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness 3:30pm-Members' Meeting 3:00pm-Culinary Work Skills & Dinner</p>
<p>29. 10:30am-Way In to Personal Growth: Get Involved (Shawnigan Apt) 11:00pm-DAWN Talks: How to Start a Journal (Shawnigan Apt) 1:30pm- You Gotta Have Art at Little House Society 1:30pm-Fitness Program at Winskill</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>30. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: How to Start a Journal 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: BBQ and Summer Ideas</p> </div>	<p>31. Social Outing 11:00am-Lunch and Bowling Cost \$5</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Craft</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>NORTH Clubhouse: 1:30pm-Loves, Sex, Relationship Group Session #3</p> </div>	<p>IMPORTANT:</p> <p>LSR Group Interviews Wednesday the 10th</p> <p>Young Adults Group every Tuesday</p> <p>Seniors Connect every Wednesday</p> <p>Peer Facilitator Training Info Session Thursday the 18th</p>	<p>REMINDERS:</p> <p>CLOSED at 3pm Tuesday the 9th</p> <p>OPEN from 1-8pm Friday the 12th and 26th</p> <p>OPEN from 10-4pm Friday the 5th and 19th</p> <p>CLOSED Monday the 22nd for Victoria Day</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 Glean 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.