

**Phone:**  
604-820-6355

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**Hours of Operation:**

Monday - Friday  
9am – 4pm

**Address:**

33032, 11<sup>th</sup> Ave.  
Mission, BC, V2V 2M3

*Check out our new website:*  
[www.centennialplacemission.ca](http://www.centennialplacemission.ca)

# July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p><b>CP CLOSED FOR CANADA DAY</b></p> 	<p>9:30 Coffee Club 9:30 Parenting Mental Wellness 11:00 Upwards Falling 12:00 Beginner's Yoga 1:00 Card Games 2:00 Garden Therapy</p>	<p>9:30 Coffee Club 9:30 Wellness Wheel 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch – Ham and Cheese Quiche w/ salad (\$4) 1:00 Line Dancing 2:00 Mens Group</p>	<p>9:30 Coffee Club 9:30 Meditation 9:30 Garden Therapy *11:00 Community Kitchen 11:00 Women's Group 1:00 Authoring Your Unique Future 2:00 Coffee Shop Meet Up</p>	<p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club</p>
9	10	11	12	13
<p>9:30 Coffee Club *9:30 DBT Support Group 11:00 Meditation 11:00 Computer Support 1:00 Mindful Nature Walk 2:00 Chair Yoga</p>	<p>9:30 Coffee Club 9:30 Parenting Mental Wellness 11:00 Upwards Falling 12:00 Beginner's Yoga 1:00 Card Games 2:00 Garden Therapy</p>	<p><u>9:30 Leave for Interclubhouse BBQ @ Cheamview Clubhouse (Chilliwack)</u> <u>Return for 3:30 pm</u></p> <p><u>Clubhouse closed for day</u></p> 	<p>9:30 Coffee Club 9:30 Meditation 9:30 Garden Therapy *11:00 Community Kitchen 11:00 Women's Group 1:00 Authoring Your Unique Future 2:00 Coffee Shop Meet Up</p>	<p><u>11:00 Leave for Harrison Music Festival</u> <u>Return for 6 pm</u></p> <p><u>Clubhouse closed for day</u></p> 
16	17	18	19	20
<p>9:30 Coffee Club *9:30 DBT Support Group 11:00 Meditation 11:00 Computer Support <u>11:00 Mindful Nature Walk - Cascade Falls</u> 2:00 Chair Yoga 2:30 Steering Committee</p>	<p>9:30 Coffee Club 9:30 Parenting Mental Wellness 11:00 Upwards Falling 12:00 Beginner's Yoga 12:30 WRAP Support Group 1:00 Card Games 2:00 Garden Therapy 2:00 MHSUAC Meeting</p>	<p>9:30 Coffee Club 9:30 Wellness Wheel 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch (\$4) – Stuffed Peppers w/ Yam Fries 1:00 Line Dancing 2:00 Mens Group</p>	<p>9:30 Coffee Club 9:30 Meditation 9:30 Garden Therapy *11:00 Community Kitchen 11:00 Women's Group 1:00 Authoring Your Unique Future 2:00 Coffee Shop Meet Up</p>	<p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club</p>
23	24	25	26	27
<p>9:30 Coffee Club *9:30 DBT Support Group 11:00 Meditation 11:00 Computer Support <u>1:00 Mindful Nature Walk</u> 2:00 Chair Yoga</p>	<p>9:30 Coffee Club 9:30 Parenting Mental Wellness 11:00 Upwards Falling 12:00 Beginner's Yoga 1:00 Card Games 2:00 Garden Therapy</p>	<p>9:30 Coffee Club 9:30 Wellness Wheel 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch – Irish Stew w/ Garlic Bread and Salad (\$4) 1:00 Line Dancing 2:00 Mens Group</p>	<p>9:30 Coffee Club 9:30 Meditation 9:30 Garden Therapy *11:00 Community Kitchen 11:00 Women's Group 1:00 Authoring Your Unique Future 2:00 Coffee Shop Meet Up</p>	<p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club 2:00 Crib Tournament</p>
30	31	<p><b>You can also view our calendar on our NEW website: <a href="http://centennialplacemission.ca">centennialplacemission.ca</a></b></p>		<p><b>Calendar Legend:</b></p> <p><u>Underlined, Italicized &amp; Bolded</u> - New/Restarting Program</p> <p><b>Bolded</b> – New program day &amp; time</p> <p>*Starred – Closed group/Sign up required</p>
<p>9:30 Coffee Club *9:30 DBT Support Group 11:00 Meditation 11:00 Computer Support <u>1:00 Mindful Nature Walk</u> 2:00 Staff Meeting 2:00 Chair Yoga</p>	<p>9:30 Coffee Club 9:30 Parenting Mental Wellness 11:00 Upwards Falling 12:00 Beginner's Yoga 1:00 Card Games 2:00 Garden Therapy</p>			

## What's NEW?

### Groups, Programs and Activity Descriptions:

**Authoring Your Unique Future** – A workshop group that explores the use of foreshadowing as a tool in literature and how this can be applied to your own personal story narrative.

**DBT Support Group**-For those familiar with DBT and have an interest in practicing and deepening the skills of mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

**Parenting Mental Wellness** – A group for parents or caregivers to share resources and techniques to enhance their own mental wellness and their children's mental health as well.

**Wellness Wheel** – Join us for a holistic approach to wellness based on the medicine wheel and other aboriginal philosophies. This group promotes holistic wellness and will involve group discussion as well as hands on activities.

**Employment Series** – A series of workshops that you can join in helping you find employment. Each workshop covers a different topic so join the one that fits your current need. Topics include: Career Discovery, Resume building, Interview Skills and much more!

**Chair Yoga** – Designed for anyone to be able to enjoy, join us to stretch and exercise all from a seated position.

**Coffee shop Meet Up** - Join us weekly for coffee and discussion at Grab-a- Java coffee shop. Location may change, so please call if you are unsure. Please bring money!

**Womens Group** – The Women's Group is a safe place to come and chat, drink tea and talk about important topics in our lives.

**Mens Group** – Join fellow men to discuss manly topics, participate in DIY projects, and get to know one another in a fun environ.

**Hot Lunch – Signup Required!** Join us for a hot and healthy meal together on Wednesdays. (Hot Lunch costs \$4, please bring cash)!

**Coffee Club** – Join us every morning for a relaxed start to the day. Come and buy a coffee and join in this discussion group.

**Meditation & Qigong** - Try out a mini-meditation (10 minutes long) and a moving meditation (Qigong) to boost your natural resiliency to stress and increase your energy at the same time.

**Creative Arts Drop In**- A casual drop-in art group, this group is open to anyone who wants to start on a new project, work on an old project or just spend some time colouring peacefully. No previous experience required, just a desire to explore your creativity.

**BIG Questions** – Join us for a sharing group in which we discuss some of lifes biggest questions in a safe and supportive environment.

### About Centennial Place

**Need to make an appointment with staff?**

**Call us or come in and schedule a time to chat!**

Centennial Place is a referral-based mental health support and wellness drop-in program in Mission, BC.

We offer classes, programs and events throughout the week (closed on all statutory holidays) for our members.

Referrals to Centennial Place come primarily from Case Managers at Mission Mental Health (located on the third floor of 7298 Hurd St).

**Do you have a question for us about this calendar or anything else?**

**Contact us at 604.820.6355 or speak to a staff in person.**