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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)

# December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 *Mindfulness Lessons</u>	9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling <u>1:00 Chair/Gentle Yoga</u> <u>2:00 Bounce Back</u>	9:30 Coffee Club <u>9:30 Anxiety Support Group: Surviving the Holiday Season</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Shepherd's Pie <u>*1:00 Wellness Wheel</u> 2:00 Mens Group	9:30 Coffee Club 10:00 Meditation *11:00 Community Kitchen 11:00 Women's Group <u>12:30 Crystal Therapy w/ Dean C.</u> 2:00 Coffee Shop Meet Up	9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Social Club 1:00 Young Adults
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 *Mindfulness Lessons</u>	9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling <u>1:00 Chair/Gentle Yoga</u> <u>2:00 Bounce Back</u>	9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Homemade Pizza! <u>*1:00 Wellness Wheel</u> 2:00 Mens Group <u>2:00 Christmas Tree Ornament Craft Creation</u>	9:30 Coffee Club 10:00 Meditation *11:00 Community Kitchen 11:00 Women's Group <u>1:00 "Cracking Up" - Movie</u> 2:00 Coffee Shop Meet Up	9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>12:00 Hotdog Huddle</u> <u>1:00 *Mindfulness Lessons</u> 2:00 Staff Meeting	9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling 12:30 WRAP Support Group <u>1:00 Chair/Gentle Yoga</u> <u>2:00 CP Annual Christmas Cookie Bake-off</u>	9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: <u>*1:00 Wellness Wheel</u> 2:00 Mens Group	<b>CP Closed for CHRISTMAS PARTY</b>  <b>5 PM @ Library</b> <b>Sign up and \$2 Deposit required by Dec 17</b>	9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen <u>11:30 Winter Wonderland @ The Leisure Centre</u> 1:00 Social Club
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<b>CP Closed for Christmas Day &amp; Boxing Day</b>		9:30 Coffee Club 10:00 Meditation *11:00 Community Kitchen 11:00 Women's Group 1:00 Lawn Bowling 2:00 Coffee Shop Meet Up	9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club
<b>31</b>				
9:30 Coffee Club 11:00 Meditation <u>1:00 New Year's Workbook!</u>		<u>Calendar Legend:</u>  <u>Underlined, Italicized &amp; Bolded</u> -New/Restarting Program  <b>Bolded</b> – New program day & time  *Starred – Closed group/Sign up required	<b>You can also view our calendar on our NEW website: centennialplace mission.ca</b>	

**Wishing you a Merry Christmas and a Happy New Year!!!**

## What's NEW?

### Groups, Programs and Activity Descriptions:

**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.

**Surviving the Holidays Season** - Identify the main sources of holiday stress, ways to manage holiday stress and identify 10 self-discovery keys for ensuring a healthier, happier holiday.

**Anxiety Support Group** – Join us for discussions and written exercises designed to help you learn soothing self-statements, mindfulness and self-compassion to help manage the symptoms of anxiety. Facilitated by author of *Anxiety's Inner Voice*, Clo Nickel.

**Mindfulness Lessons**-Join us to watch mindfulness videos and have casual discussions on topics such as dealing with thoughts, difficult emotions, physical pain, etc. by some of the world's leading experts (Tara Brach, Jack Kornfield) on mindfulness and meditation.

**Wellness Wheel** – Join us for a holistic approach to wellness based on the medicine wheel. We look at the four domains of physical, mental, emotional, and spiritual health to identify which areas we need to improve in order to live a life of balance.

**Upwards Falling** - Upwards Falling is a concept for looking at life in a new and different way. Instead of looking at the past in a way of separating things that happened into categories like bad times, good times, chaotic times, you look at everything that has happened as a way of moving you forward to where you are today!

**Bounce Back** – An open group that will be referencing the CMHA Bounce Back online curriculum and providing space for people to explore different skills and ideas around anxiety and depression. This group is open to anyone interested in these topics, regardless of whether they have used Bounce Back before or not.

**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!** Hot Lunch will be cancelled for the month of August. Don't worry we will be back in September!

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

**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

<p><b>Need to make an appointment with staff?</b></p> <p><b>Call us or come in and schedule a time to chat!</b></p>	<p>Centennial Place is a referral-based mental health support and wellness drop-in program in Mission, BC.</p> <p>We offer classes, programs and events throughout the week (closed on all statutory holidays) for our members.</p> <p>Referrals to Centennial Place come primarily from Case Managers at Mission Mental Health (located on the third floor of 7298 Hurd St).</p>	<p><b>Do you have a question for us about this calendar or anything else?</b></p> <p><b>Contact us at 604.820.6355 or speak to a staff in person.</b></p>
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