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Hours of Operation:

Monday - Friday
9am – 4pm

Address:

33032, 11th Ave.
Mission, BC, V2V 2M3

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Calendar Legend:</p> <p><u>Underlined, Italicized & Bolded</u> -New/Restarting Program</p> <p>Bolded – New program day & time</p> <p>*Starred – Closed group/Sign up required</p>	<p>CP CLOSED!! 1</p> 	<p>2</p> <p>9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Calzone w/ Homemade Bread Dough (Tim) 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>3</p> <p>9:30 Coffee Club 10:00 Meditation 11:00 Women's Group <u>1:00 Member's Initiative Time</u> 2:00 Coffee Shop Meet Up</p>	<p>4</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>
<p>7</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 1:00 Mindfulness Lessons</p>	<p>8</p> <p>9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga <u>2:00 Bounce Back</u></p>	<p>9</p> <p>9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Chicken Cesaer Wraps (Tony) 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>10</p> <p>9:30 Coffee Club 10:00 Meditation 11:00 Women's Group <u>1:00 Member's Initiative Time</u> 2:00 Coffee Shop Meet Up</p>	<p>11</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>
<p>14</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 1:00 Mindfulness Lessons</p>	<p>15</p> <p>9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga <u>2:00 Bounce Back</u> 2:00 MHSUAC Advisory Comm.</p>	<p>16</p> <p>9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Tangy Meatloaf (Clo) 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>17</p> <p>30 Coffee Club 10:00 Meditation 11:00 Women's Group <u>1:00 Member's Initiative Time</u> 2:00 Coffee Shop Meet Up</p>	<p>18</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 12:55 Young Adults 1:00 Social Club</p>
<p>Blue Week 21</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 1:00 Mindfulness Lessons <u>1:00 *Movie – Moana & Tacky Tropical T-Shirt Contest</u></p>	<p>Blue Week 22</p> <p>9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga <u>2:00 Make your own Lei in a tropical paradise and Hula Dancing</u></p>	<p>Blue Week 23</p> <p>9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Tropical Lunch 1:00 Wellness Wheel 2:00 Mens Group <u>1:00 Tie-Dye Activity</u></p>	<p>Blue Week 24</p> <p><u>9:30 Sand Dollar Pancake Breakfast</u> 10:00 Meditation 11:00 Women's Group <u>1:00 Ukelele Lessons @ the Library</u></p> 	<p>Blue Week 25</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults <u>1:00 Gilligan's Island and Mocktails</u></p>
<p>28</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 1:00 Mindfulness Lessons</p>	<p>29</p> <p>9:30 Coffee Club w/ Brain Teasers <u>9:30 DBT Support Group</u> 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga <u>2:00 Bounce Back</u></p>	<p>30</p> <p>BELL LET'S TALK DAY 9:30 Coffee Club <u>9:30 Anxiety Support Group</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Vegetarian Lunch (Bonnie) 1:00 Bell Let's Talk Day! 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>31</p> <p>9:30 Coffee Club 10:00 Meditation 11:00 Women's Group <u>1:00 Member's Initiative Time</u> 11:00 Lawn Bowling</p>	<p>You can also view our calendar on our NEW website: centennialplace.mission.ca</p>

Check out the plans for this year's BLUE WEEK!!!

What's NEW?

Groups, Programs and Activity Descriptions:

Blue Week – Have you heard of “Blue Monday?” It is said to be the most depressing day of the year. To combat this, join us for a magical week of events and activities and learn more about how you can light in dark situations.

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.

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.

Anxiety Support Group – Join us for discussions and written exercises designed to help manage the debilitating effects of anxiety in a safe, supportive setting. Facilitated by author of *Anxiety’s Inner Voice*, Clo Nickel.

Wellness Wheel – Join us for a holistic approach to wellness facilitated by Leah our practicum student. Based on the medicine wheel and other aboriginal philosophy this group promotes holistic wellness and will involve group discussion as well as hands on activities.

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

Coffee Meet Up- New location! Join us weekly for coffee and discussion at a local coffee shop. 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.

Member Initiative Time – Is there something you want to see happen or a new program you want to try? This slot is free for you to try something new.

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

<p>Need to make an appointment with staff?</p> <p>Call us or come in and schedule a time to chat!</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>Do you have a question for us about this calendar or anything else?</p> <p>Contact us at 604.820.6355 or speak to a staff in person.</p>
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