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Hours of Operation:

Monday - Friday
9am – 4pm

Address:

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

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 1:00 Mindfulness Lessons	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga	9:30 Coffee Club <u>9:30 Finding Calm</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Kung Pao Chicken 1:00 Wellness Wheel 2:00 Mens Group	9:30 Coffee Club 10:00 Meditation 10:30 Health, Wellth and You *11:00 Community Kitchen <u>12:00 Yoga with Terry</u> <u>1:00 Beading and Bracelet Workshop</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
8	9	10	11	12
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 1:00 Mindfulness Lessons	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga	9:30 Coffee Club <u>9:30 Finding Calm</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Spaghetti and Meatballs 1:00 Wellness Wheel 2:00 Mens Group	9:30 Coffee Club 10:00 Meditation *11:00 Community Kitchen <u>12:00 Yoga with Terry</u> 12:30 Health, Wellth and You <u>1:00 Beading and Bracelet Workshop</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 <u>1:00 Tidying up w/ Marie Kondo</u> 1:00 Social Club
15	16	17	18	19
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 Awakening Joy</u> 2:00 Steering Committee Meeting	<u>9:00 Day Trip to Granville Island Market</u>	9:30 Coffee Club <u>9:30 Finding Calm</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Ham and Scalloped Potatoes 1:00 Wellness Wheel 2:00 Mens Group	9:30 Coffee Club 10:00 Meditation 10:30 Health, Wellth and You *11:00 Community Kitchen <u>12:00 Yoga with Terry</u> <u>1:00 Member's Initiative Time</u> 2:00 Coffee Shop Meet Up	<u>Good Friday</u>
22	23	24	25	26
<u>Easter Monday</u>	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga 2:00 MHSUAC Advisory Comm.	9:30 Coffee Club <u>9:30 Finding Calm</u> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Beef Dip and Salad 1:00 Wellness Wheel 2:00 Mens Group	9:30 Coffee Club 10:00 Meditation 10:30 Health, Wellth and You *11:00 Community Kitchen <u>12:00 Yoga with Terry</u> <u>1:00 Member's Initiative Time</u> 2:00 Coffee Shop Meet Up	9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen <u>1:00 Tidying up w/ Marie Kondo</u> 1:00 Young Adults
29	30		Calendar Legend:	<p>You can also view our calendar on our NEW website: centennialplace mission.ca</p>
9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 Awakening Joy</u>	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & QiGong 11:00 Upwards Falling 1:00 Chair/Gentle Yoga		<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>	

You can cut all the flowers but you cannot keep spring from coming. Pablo Neruda

What's NEW?

Groups, Programs and Activity Descriptions:

Awakening Joy – Awakening Joy is an internationally recognized video course designed to awaken joy through themes such as “Finding Joy in Difficult Times,” “ Learning to Love Ourselves” “Compassion,” etc. that incline the mind toward well-being and deeper insight.

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.

Finding Calm – This group will explore ideas around anxiety and stress using the curriculum of Hillary McBride, a registered counsellor, as a base for this discussion.

Health, Wealth, and You – This group will be talking about different aspects of health, fitness, diet, sleep and self-care. We will be trying out different activities as a way to encourage movement and increased health.

Wellness Wheel – Join us for a holistic approach to wellness. 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!

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.

Men’s 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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