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Hours of Operation:

Monday - Friday  
9am – 4pm

Address:

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

# May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>You can also view our calendar on our NEW website: <a href="http://centennialplace.mission.ca">centennialplace.mission.ca</a></p>	<p>1</p> <p>9:30 Coffee Club <b><u>9:30 Anxiety Support Group</u></b> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Ham or Meatball Sandwiches w/ Salad 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>2</p> <p>9:30 Coffee Club 10:00 Meditation 10:30 Health, Wellth and You *11:00 Community Kitchen <b><u>2:00 Yard Maintenance Day - Snack provided for Participants</u></b></p>	<p>3</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In <b><u>11:00 Upwards Falling</u></b> *11:00 Community Kitchen <b><u>1:00 Inside House Clean Up – Pizza Lunch for Participants</u></b> 1:00 Young Adults</p>
<p>6</p> <p><b><u>Mental Health Week</u></b></p> <p>10:30 AM – Art Project</p> <p>1:30 – Mental Health and the Brain – Marika Sandreli</p>	<p>7</p> <p><b><u>Mental Health Week</u></b></p> <p>10:30 AM – Falling Upwards</p> <p>1:30 – WRAP Info Session</p>	<p>8</p> <p><b><u>Mental Health Week</u></b></p> <p>10:30 AM – WorkBC Intro</p> <p>1:30 – Laughing Yoga Session</p>	<p>9</p> <p><b><u>Mental Health Week</u></b></p> <p>5 PM – Miss Canada Christine Jamieson – Mental Health Stories</p> <p>Clubhouse closed till event starts</p>	<p>10</p> <p><b><u>Mental Health Week</u></b></p> <p>11 AM – CP Open House</p> <p>12 PM – LUNCH</p>
<p>13</p> <p>9:30 Coffee Club 9:30 WRAP 11:00 Computer Support 11:00 Meditation 1:00 Awakening Joy 2:00 Steering Committee Meeting <b><u>2:30 Soul Circle Book Club</u></b></p>	<p>14</p> <p>9:30 Coffee Club w/ Brain Teasers 9:30 WRAP 9:30 DBT Support Group 10:00 Meditation &amp; QiGong <b>1:00 Positive Affirmation Exercise/Chair Yoga</b></p>	<p>15</p> <p>9:30 Coffee Club <b><u>9:30 Anxiety Support Group</u></b> 9:30 WRAP 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Carrot and Lentil Moroccan Soup w/ Naan 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>16</p> <p>9:30 Coffee Club 10:00 Meditation *11:00 Community Kitchen <b><u>1:00 Member's Initiative Time</u></b> 2:00 Coffee Shop Meet Up</p>	<p>17</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In <b><u>11:00 Upwards Falling</u></b> *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club</p>
<p>20</p> <p><b>Closed</b></p>  <p><b>Victoria Day</b></p>	<p>21</p> <p>9:30 Coffee Club w/ Brain Teasers 9:30 WRAP 9:30 DBT Support Group 10:00 Meditation &amp; QiGong <b>1:00 Positive Affirmation Exercise &amp; Chair Yoga</b> 2:00 Staff Meeting 2:00 MHSUAC Advisory Comm.</p>	<p>22</p> <p>9:30 Coffee Club <b><u>9:30 Anxiety Support Group</u></b> 9:30 WRAP 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: BBQ Farmer Sausage and Baked Potatoes 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>23</p> <p>9:30 Coffee Club 9:30 WRAP 10:00 Meditation *11:00 Community Kitchen <b><u>1:00 Member's Initiative Time</u></b> 2:00 Coffee Shop Meet Up</p>	<p>24</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen <b><u>11:00 Upwards Falling</u></b> 1:00 Young Adults</p>
<p>27</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 Awakening Joy</u> <b><u>2:30 Soul Circle Book Club</u></b></p>	<p>28</p> <p>9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation &amp; QiGong <b>1:00 Positive Affirmation Exercise &amp; Chair Yoga</b></p>	<p>29</p> <p>9:30 Coffee Club <b><u>9:30 Anxiety Support Group</u></b> 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch: Decadent Maccoroni and Cheese 1:00 Wellness Wheel 2:00 Mens Group</p>	<p>30</p> <p>9:30 Coffee Club 10:00 Meditation *11:00 Community Kitchen 1:00 Lawn Bowling</p>	<p>31</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In <b><u>11:00 Upwards Falling</u></b> *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club</p>

**CHECK OUT OUR MENTAL HEALTH WEEK ACTIVITES – EVERYONE IS WELCOME TO COME**



## 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.

**Soul Circle Book Club** - Study guide and discussions to find deeper meaning and fulfillment based on the book *The Seat of the Soul* by Gary Zukav. Book required.

**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.

**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.

**Health, Wellth, 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><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>