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Hours of Operation:

Monday - Friday
9am – 4pm

Address:

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

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 LABOUR DAY CP Closed	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & Qigong 11:00 Upwards Falling <u>1:00 Awakening Joy</u> 2:00 Silver Café (55+)	9:30 Coffee Club 9:30 OCD Support Group 11:00 Music Lovers 11:00 BIG Questions 12:00 Hot Lunch – Zucchini Fritters and Farmer Sausage 1:00 Wellness Wheel 2:00 Men's Group	9:30 Coffee Club 9:30 Gardening Group 10:00 Meditation 11:00 Walking Group *11:00 Community Kitchen <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 1:00 Social Club <u>1:00 Young Adults</u>
9	10	11	12	13
9:30 Coffee Club <u>9:30 WRAP</u> 10:00 Women's Group 11:00 Computer Support 11:00 Meditation <u>12:00 Hot Dog Huddle</u> <u>1:30 OCD Support Group</u> 2:30 Steering Committee <u>2:30 Chair Yoga/Affirmations</u> <u>2:30 Fitness Fun (Leisure Pass Needed)</u>	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & Qigong 11:00 Upwards Falling <u>1:00 Awakening Joy</u> 2:00 Silver Café (55+)	9:30 Coffee Club <u>9:30 WRAP</u> 11:00 Music Lovers 11:00 BIG Questions 12:00 Hot Lunch – Shepherd's Pie and Pickled Beets 1:00 Wellness Wheel 2:00 Men's Group	9:30 Coffee Club 9:30 Gardening Group 10:00 Meditation 11:00 Walking Group *11:00 Community Kitchen <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 1:00 Young Adults 1:00 Social Club
16	17	18	19	20
9:30 Coffee Club <u>9:30 WRAP</u> 10:00 Women's Group 11:00 Computer Support 11:00 Meditation <u>1:30 OCD Support Group</u> 2:00 Staff Meeting <u>2:30 Chair Yoga/Affirmations</u>	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & Qigong 11:00 Upwards Falling <u>1:00 Awakening Joy</u> 2:00 Silver Café (55+)	9:30 Coffee Club <u>9:30 WRAP</u> 11:00 Music Lovers 11:00 BIG Questions 12:00 Hot Lunch – Chicken Teriyaki Stir-Fry 1:00 Wellness Wheel 2:00 Men's Group	<p>CP Afterhours Family BBQ 5-7 PM</p> <p>Invite Your Support Network to CP for Dinner RSVP Required</p> <p><i>CP Closed during the day</i></p>	9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Social Club 1:00 Young Adults
23	24	25	26	27
9:30 Coffee Club <u>9:30 WRAP</u> 10:00 Women's Group 11:00 Computer Support 11:00 Meditation <u>1:30 OCD Support Group</u> <u>2:30 Chair Yoga/Affirmations</u> <u>2:30 Fitness Fun (Leisure Pass Needed)</u>	9:30 Coffee Club w/ Brain Teasers 9:30 DBT Support Group 10:00 Meditation & Qigong 11:00 Upwards Falling <u>1:00 Awakening Joy</u> 2:00 Silver Café (55+) MHSUAC Advisory Comm	9:30 Coffee Club <u>9:30 WRAP</u> 11:00 Music Lovers 12:00 Hot Lunch – Squash Soup and Biscuits 11:00 BIG Questions 1:00 Wellness Wheel 2:00 Men's Group	9:30 Coffee Club 9:30 Gardening Group 10:00 Meditation 11:00 Walking Group *11:00 Community Kitchen 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 Social Club/Men's Group @ Youth Lounge 2:15 Crib Tournament *6:00 Walk-In Theatre: Movie in the backyard
30			<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>You can also view our calendar on our NEW website: centennialplace mission.ca</p>



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.

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

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. Talk to staff to get your ideas onto the calendar.

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 life’s 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>