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March 2020

Hours of Operation:

Monday - Friday
9am – 4pm

Address:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 OCD Documentary</u> 2:30 Chair Yoga/Positive Affirmation 2:30 Fitness Fun</p>	<p>3</p> <p>9:30 Coffee Club 9:30 Power of Awareness 11:00 Upwards Falling 1:00 Silver Café (55+) out for coffee-share cost saving tips *2:00 LSR 2:30 Women's Group 2:30 Meditation & Qigong</p>	<p>4</p> <p>CP CLOSED Staff Training Event</p>	<p>5</p> <p>9:30 Coffee Club 10:00 Meditation <u>11:00 Guitar Group</u> <u>11:00 Community Kitchens</u> 1:00 Walking Group 2:00 Coffee Shop Meet Up</p>	<p>6</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In <u>11:00 Community Kitchens</u> 11:00 Resiliency Discussion 1:00 Social Club – Laughter Hour 1:00 Young Adults- Boardgames</p>
<p>9</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation 12:00 Hotdog Huddle <u>1:00 OCD Documentary</u> 2:30 Steering Committee 2:30 Chair Yoga/Positive Affirmation 2:30 Fitness Fun</p>	<p>10</p> <p>9:30 Coffee Club 9:30 Power of Awareness 11:00 Upwards Falling 1:30 Public Skate *skate rentals or cleats available; Leisure pass or payment needed* <u>1:00 Silver Café (55+)</u> <u>2:30 Women's Group</u> 2:30 Meditation & Qigong</p>	<p>11</p> <p>9:30 Coffee Club 9:30 DBT Support Group 11:00 Music Lovers 11:00 BIG Questions 12:00 Hot Lunch \$5: Pancakes and Sausage 1:00 Anxiety 101 *2:00 LSR</p>	<p>12</p> <p>9:30 Coffee Club 10:00 Meditation <u>11:00 Guitar Group</u> <u>11:00 Community Kitchens</u> 1:00 Walking Group 2:00 Coffee Shop Meet Up <u>2:00 Communication & Leadership</u></p>	<p>13</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In <u>11:00 Community Kitchens</u> 11:00 Resiliency Discussion 1:00 Social Club – Laughter Hour 1:00 Young Adults- Library</p>
<p>16</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 OCD Support Group</u> 2:00 Staff Meeting 2:30 Chair Yoga/Positive Affirmation</p>	<p>17</p> <p>9:30 Coffee Club 9:30 Power of Awareness 11:00 Upwards Falling MHSUCAC Meeting 1:00 Gerry's Garage 2:30 Meditation & Qigong</p>	<p>18</p> <p>9:30 Coffee Club 9:30 DBT Support Group 11:00 Music Lovers 11:00 BIG Questions 12:00 Hot Lunch \$5: Taco Bar 1:00 Anxiety 101 *2:00 LSR</p>	<p>19</p> <p>9:30 Coffee Club 10:00 Meditation <u>11:00 Guitar Group</u> <u>11:00 Community Kitchens</u> 1:00 Walking Group 2:00 Coffee Shop Meet Up <u>2:00 Communication & Leadership</u></p>	<p>20</p> <p><u>9:00 Clubhouse Trip-Great Blue Heron Reserve</u> <u>*Sign Up Required</u> <u>Seats Limited*</u> <u>Centennial Place Closed</u></p>
<p>23</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 OCD Support Group</u> 2:30 Fitness Fun 2:30 Chair Yoga/Positive Affirmation</p>	<p>24</p> <p>9:30 Coffee Club 9:30 Power of Awareness 10:00 Meditation & Qigong 11:00 Upwards Falling <u>1:00 Silver Café (55+)</u> <u>2:30 Women's Group</u> *2:00 LSR 2:30 Meditation & Qigong</p>	<p>25</p> <p>9:30 Coffee Club 9:30 DBT Support Group 11:00 Music Lovers 11:00 BIG Questions 12:00 Hot Lunch \$5: Borsht and Garlic Bread 1:00 Anxiety 101 2:00 Men's Group</p>	<p>26</p> <p>9:30 Coffee Club 10:00 Meditation <u>11:00 Guitar Group</u> <u>11:00 Community Kitchens</u> 1:00 Carpet Bowling 2:00 Coffee Shop Meet Up <u>2:00 Communication & Leadership</u></p>	<p>27</p> <p>9:30 Coffee Club 11:00 Creative Arts Drop In <u>11:00 Community Kitchens</u> 11:00 Resiliency Discussion *1:00 LSR Discussion 1:00 Social Club – Laughter Hour 2:00 Crib Tournament</p>
<p>30</p> <p>9:30 Coffee Club 11:00 Computer Support 11:00 Meditation <u>1:00 OCD Support Group</u> 2:30 Chair Yoga/Positive Affirmation</p>	<p>31</p> <p>9:30 Coffee Club 9:30 Power of Awareness 10:00 Meditation & Qigong 11:00 Upwards Falling 1:00 Silver Café (55+) <u>2:30 Women's Group</u> 2:30 Meditation & Qigong</p>		<p><u>Calendar Legend:</u> <u>Underlined, Italicized & Bolded</u> -New/Restarting Program Bolded – New program day & time *Starred – Closed group/Sign up required</p>	<p>You can also view our calendar on our website: centennialplace.mission.ca</p>



Groups, Programs and Activity Descriptions:

Communication & Leadership – Interested in learning about communication styles and different leadership ideas at Centennial Place, please come out to this group.

Anxiety 101 – We will be working through the Anxiety Canada: My Anxiety Plan program.

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.

Stop Worrying (For Anxiety and OCD) - In this video course, Dr. Reid Wilson will guide you step-by-step through his groundbreaking approach that he has successfully applied to help thousands of ex-sufferers overcome their anxiety and worry.

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 environment.

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.

CP Celebrations – Join us in celebrating the many accomplishments of you! Every month we will be recognizing the people here and all that they have done!

Fitness Fun – We head out the Leisure Centre and get our sweat on! *Leisure pass needed

Guitar Group – We are all beginners and new. Let’s learn together and have some fun!

LSR –Love, Sex, and Relationships: Learn about sex positivity, intimacy, healthy relationships, and more.

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>