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www.centennialplacemission.ca



Hours of Operation:
Monday - Friday
9am – 4pm

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

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Highlighted = On Zoom. Ask staff for more info</p>	<p>1 11:00 Upwards Falling – On Zoom 1:00 Tuesday Activity – Walk 2:00 Letter Writing</p>	<p>2 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions – On Zoom 1:00 Anxiety Support Group 2:00 Art Project –Sponge Painting</p>	<p>3 10:00 Creative Journals 11:00 Employment Conversations – On Zoom 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>4 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools – On Zoom 1:00 Young Adults</p>
<p>7 CP Closed for Labour Day Weekend</p>	<p>8 11:00 Upwards Falling – On Zoom 1:00 Tuesday Activity- Badminton 2:00 Letter Writing</p>	<p>9 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions – On Zoom 1:00 Anxiety Support Group 2:00 Art Project – Card Making</p>	<p>10 10:00 Creative Journals 11:00 Employment Conversations – On Zoom 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>11 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools – On Zoom 12:00 Young Adults</p>
<p>14 9:30 Coffee Club - Bring Your Own Coffee 11:00 – Silver Café: “Hope” 2:00 Chair Yoga</p>	<p>15 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 1:00 Tuesday Activity - Croquet 2:00 Letter Writing</p>	<p>16 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions – On Zoom 1:00 Anxiety Support Group 2:00 Art Project – Bowl Making</p>	<p>17 11:00 Employment Conversations – On Zoom 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>18 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools – On Zoom 1:00 Young Adults</p>
<p>21 9:30 Coffee Club - Bring Your Own Coffee 1:00 Staff Meeting 2:00 Chair Yoga House Maintenance Day</p>	<p>22 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 1:00 Tuesday Activity - Bocce 2:00 Letter Writing</p>	<p>23 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions – On Zoom 1:00 Anxiety Support Group 2:00 Art Project - Beading</p>	<p>24 11:00 Employment Conversations – On Zoom 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>25 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools – On Zoom</p>
<p>28 9:30 Coffee Club - Bring Your Own Coffee 11:00 – Silver Café: Fun and games 2:00 Chair Yoga</p>	<p>29 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 1:00 Tuesday Activity – Disc Golf 2:00 Letter Writing</p>	<p>30 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions – On Zoom 1:00 Anxiety Support Group 2:00 Art Project - Concrete Project</p>	<p>Please Call ahead to book a place in any of the in person sessions as there are limits to allow for safety. PPE is required.</p>	<p>You can also view our calendar on our website: centennialplacemission.ca</p>



Groups, Programs and Activity Descriptions:

Anxiety Support Group – Using the Anxiety Canada online program, we will discuss different aspects of anxiety.

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

Coffee Club – Join us Monday, Wednesday and Friday mornings for a relaxed start to the day. Please bring your own coffee

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!

DBT Support Group – For those who are familiar with DBT, this is a group to discuss the 4 skills of Dialectical Behaviour Therapy.

Silver Café – A social group for those who are 55+ (or close to it!)

Upwards Falling – – Join us for a discussion group focused on sharing positive things in our lives and in the world around us.

Letter Writing – You will write letters as a way to decompress, describe your emotions, open up about your feelings, and realize how much you’ve grown as a person in the past few years.

Creative Journals – Using Scrapbook and mixed media techniques to create your own unique journal. Topics for the journaling will evolve out of the groups ideas.

Employment Conversations – This group is for anyone who is interested in gaining employment – even if that feels far in the future

Music in the Yard – This group is a chance to hear that old favourite song you love and enjoy songs other people love as well.

Wellness Tools – This is a discussion group that covers topics of wellness ranging from nutrition to music and everything in between

Tuesday Activity – Each Tuesday we will do a different outdoor activity together – either in the yard or across at the park

About Centennial Place		
<p>Need to make an appointment with staff?</p> <p>Call us or email trepel@communitascare.com</p>	<p>Centennial Place is a referral-based mental health support and wellness 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 from Case Managers at Mission Mental Health (located on the third floor of 7298 Hurd St) and local family doctors.</p>	<p>Do you have a question for us about this calendar or anything else?</p> <p>Contact us at 604.820.6355</p>