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# March 2021

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	2 9:15 Floor Yoga 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Self-Compassion Series 2:30 CP Talks	3 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project	4 10:00 Womxn's Group 11:00 Employment Conversations 1:00 Music Group 2:00 Journaling Group	5 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults
8 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga 2:00 Steering Committee	9 9:15 Floor Yoga 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Self-Compassion Series 2:30 CP Talks	10 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project	11 10:00 Womxn's Group 11:00 IsoConvos 1:00 Music Group 2:00 Healthy Bodies Healthy Minds	12 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults
15 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga 2:00 Staff Meeting	16 9:15 Floor Yoga 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Self-compassion Series 2:30 CP Talks	17 9:00 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project	18 10:00 Womxn's Group 11:00 Employment Conversations 1:00 Music Group 2:00 Journaling Group	19 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults
22 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	23 9:15 Floor Yoga 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Self-compassion Series 2:30 CP Talks	24 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Group 3:00 Garden club meeting	25 10:00 Womxn's Group 11:00 IsoConvos 1:00 Music Group 2:00 Journaling Group	26 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults
29 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	30 9:15 Floor Yoga 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Self-compassion Series 2:30 CP Talks	31 9:30 Coffee Club 11:00 Big Questions 1:30 <u>CP Birthday Celebration #2</u>	You can also view our calendar on our website: <a href="http://centennialplacemission.ca">centennialplacemission.ca</a>	



## Groups, Programs and Activity Descriptions:

**Healthy Minds, Healthy Bodies** – In partnership with Fraser Health resources, we will talk about how to keep our bodies and minds happy and healthy as well as explore the connection between the two.

**Good Timers** – This group is oriented to the 55+ community and is a place of fun, laughter, connection and though provoking conversations

**Wellness Tools** – We will be exploring different aspects of wellness and ways to work on big and small things in your journey to keep you moving along

**Games for Brains** – Do you like riddles and puzzles, then join this group for a time of challenges and laughs

**Mindful Tuesdays** – An opportunity to take some time to slow down and take some time together to work on grounding practices

**Sharing Circle** – This group gathers weekly to spend some time talking about the highs and lows of the last week and to reframe the stories to see the lessons and growth available.

**IsoConvos** – A group looking at different topics around the isolation and lack of in person gatherings in all areas of life at this time

**Employment Conversations** – An opportunity to ask questions about different topics around looking for work and keeping a job

**CP Talks** – Short videos and follow up conversations around different mental wellness topics

**Anxiety Support** – We will be working through the Anxiety Canada: My Anxiety Plan program and other resources.

**Self-Compassion Series**-In this group we will work through 7 different modules on Self-compassion. As each module builds on the last, members are encouraged to attend as many of the sessions as possible. Please sign up ahead of time!

**BIG Questions** – Join us for a sharing group in which we discuss some of life’s biggest questions in a safe and supportive environment.

**Art Project** – Pre-packaged Art Projects to be picked up for anyone who signs up and is interested in joining the working group online

**Womxn’s Group** – For all female-identifying individuals, this group is a safe place to talk and support one another while also having some fun and laughter. There will be weekly activities and discussion topics.

About Centennial Place		
<p><b>Need to make an appointment with staff?</b></p> <p><b>Call us or email</b> <b>trepel@communitascare.com</b></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><b>Do you have a question for us about this calendar or anything else?</b></p> <p><b>Contact us at 604.820.6355</b></p>