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May 2021

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	4 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:30 Walking Group	5 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	6 10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 Journaling Group 2:30 Walking Group	7 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Create and Conversation
10 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga 2:30 Steering Committee	11 Mental Health Week 9:15 B-day gr 1 10:45 B-day gr 2 1:00 B-day gr 3 2:30 B-day gr 4 *Please see below for details	12 Mental Health Week 9:15 B-day gr 5 10:45 B-day gr 6 1:00 B-day gr 7 2:30 B-day gr 8 *Please see reverse for details	13 Mental Health Week 9:15 B-day gr 9 10:45 B-day gr 10 1:00 B-day gr 11 2:30 B-day gr 12 *Please see reverse for details	14 Mental Health Week 9:15 B-day gr 13 10:45 B-day gr 14 1:00 B-day gr 15 2:30 B-day gr 16 *Please see reverse for details
17 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	18 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:00 Staff Meeting	19 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	20 10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 Journaling Group 2:30 Walking Group	21 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Create and Conversation
24 Victoria Day CP Closed	25 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:30 Walking Group	26 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	27 10:00 Womxn's Group 11:00 Employment Conversations 1:00 Music Group 2:00 Journaling Group 2:30 Walking Group	28 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Create and Conversation
31 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga			★ Groups that are Bolded are taking place <u>in person</u> . We have a limit of 4/group so please sign up. ★	You can also view our calendar on our website: centennialplacemission.ca

What's NEW?

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 thought 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.

Men's Group – An opportunity for Men to come together and have a discussion about holistic living and growth in the mental wellness journey

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

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

Walking Group – We will meet at CP and walk around the neighbourhood in a group of 4. Please wear a mask.

Create & Conversation – Just like it sounds, this group will involve a bit of crafting and a lot of conversations

Assert Yourself – In this group we will work through 10 different modules on building assertive communication skills. As each module builds on the last, members are encouraged to attend as many of the sessions as possible.

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.

Mental Health Week – This year, Mental Health Week also coincides with our 10th year of Clubhouse programming in Mission! To that end, we will be having multiple mini "Birthday Parties" every day for 4 days. This way we can accommodate having all of our members in-person while also sticking to our current 4 people per group policy. Each mini party will consist of a time of socialization and games, as well as a cupcake and goody-bag for everyone. Please reserve your spot with staff – we would love to see you all!!

About Centennial Place

<p>Need to make an appointment with staff?</p> <p>Call us or email trempel@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>
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