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June 2021

Hours of Operation:

Monday - Friday
9am – 4pm

Address:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:00 Computer Class 2:30 Walking Group	2 9:00 Outdoor Yoga 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	3 10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:30 Walk and Talk at Heritage Park	4 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Freedom 2 Create
7 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	8 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:00 Computer Class 2:30 Walking Group	9 9:00 Outdoor Yoga 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	10 10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 Healthy Bodies Healthy Minds	11 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Freedom 2 Create
14 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga 2:30 Steering Committee	15 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:00 Computer Class 2:30 Walking Group	16 9:00 Outdoor Yoga 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	17 10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:30 Walk and Talk at Heritage Park	18 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Freedom 2 Create
21 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga 2:00 Staff Meeting	22 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:00 Computer Class 2:30 Walking Group	23 9:00 Outdoor Yoga 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	24 10:00 Womxn's Group 11:00 Employment Conversations 1:00 Music Group 2:30 Walk and Talk at Heritage Park	25 9:30 Coffee Club 11:00 Wellness Tools 1:00 Young Adults 1:30 Freedom 2 Create
28 9:30 Coffee Club 11:00 Good Timers 1:00 Games for Brains 2:00 Chair Yoga	29 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Assert Yourself 2:00 Computer Class 2:30 Walking Group	30 9:00 Outdoor Yoga 9:30 Coffee Club 11:00 Big Questions 1:00 Anxiety Support 2:00 Art Project 2:00 Centennial Park Games	 Groups that are Bolded are taking place <u>in person</u> . We have limited spots, sign up is required.	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.

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 – Now in-person. We provide the supplies for the craft or art project and Teresa will lead everyone through it.

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.

Freedom 2 Create – Let your creative juices flow while chatting with other people.

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>
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