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October 2021

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Groups that are Bolded are taking place <u>in person</u>. We have limited spots, sign up is required.</p>	<p>You can also view our calendar on our website: centennialplacemission.ca</p>			<p>1</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 <i>Truth and Reconciliation Discussion</i> 1:00 Young Adults 1:30 Freedom 2 Create</p>
<p>4</p> <p>9:30 Coffee Club 11:00 Good Timers 1:00 <i>Ukulele class</i> 2:30 Chair Yoga</p>	<p>5</p> <p>10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 <i>Conversation On the New Social Norms</i> 2:30 Computer Support</p>	<p>6</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 Anxiety Support 12:00 <i>Hot Lunch</i> 1:30 Art Project</p>	<p>7</p> <p>10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 <i>Cards and Board Games</i></p>	<p>8</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 <i>Science of Wellbeing</i> 1:00 Young Adults 1:30 Freedom 2 Create</p>
<p>11</p>  <p>Thanksgiving – CP Closed</p>	<p>12</p> <p>10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 <i>Conversation On Sustainable Living</i> 12:30 Computer Support</p>	<p>13</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 Anxiety Support 12:00 <i>Thanksgiving Hot Lunch</i> 1:30 Art Project 2:30 Steering Committee</p>	<p>14</p> <p>10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 <i>HM/HB: THE GOOD LIFE</i> 2:00 <i>Cards and Board Games</i></p>	<p>15</p> <p>9:30 Coffee Club 9:30 WRAP 10:30 Community Kitchen 11:00 <i>Science of Wellbeing</i> 1:00 Young Adults 2:00 Freedom 2 Create</p>
<p>18</p> <p>9:30 Coffee Club 11:00 Good Timers 1:00 <i>Ukulele class</i> 2:00 Staff Meeting 2:30 Chair Yoga</p>	<p>19</p> <p>9:30 WRAP 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 <i>Conversation On Social Media</i> 2:30 Computer Support</p>	<p>20</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 Anxiety Support 12:00 <i>Hot Lunch</i> 1:30 Art Project</p>	<p>21</p> <p>10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 <i>Cards and Board Games</i></p>	<p>22</p> <p>9:30 Coffee Club 9:30 WRAP 10:30 Community Kitchen 11:00 <i>Science of Wellbeing</i> 1:00 Young Adults 1:30 Freedom 2 Create</p>
<p>25</p> <p>9:30 Coffee Club 11:00 Good Timers 1:00 <i>Ukulele class</i> 2:30 Chair Yoga</p>	<p>26</p> <p>9:30 WRAP 10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 <i>Conversation On LSR</i> 2:30 Computer Support</p>	<p>27</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 Anxiety Support 12:00 <i>Hot Lunch</i> 1:30 Art Project</p>	<p>28</p> <p>10:00 Womxn's Group 11:00 Men's Group 1:00 Music Group 2:00 <i>Cards and Board Games</i></p>	<p>29</p> <p>9:30 Coffee Club 10:30 Community Kitchen 11:00 <i>Science of Wellbeing</i> 1:00 Young Adults 1:30 Freedom 2 Create</p>

What's NEW?

Groups, Programs and Activity Descriptions:

Coffee Club – *A time to socialize and start your morning with some delicious French-pressed coffee. \$1.50 a cup*

Conversations On... - This group gather to talk about a topic each week.

HM/HB: The Good Life – 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

Science of Wellbeing – This course will be offered in Hybrid format (In person and via Zoom). We will be following the curriculum of the Coursera course, watching the videos and having a discussion of that days lecture.

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.

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

WRAP - By designing your own Wellness Recovery Action Plan, you can make your life and your mental health recovery what you want it to be. Sign up online at <https://peersupportcsc.com/service/wellness-recovery-action-plan/>

Conversation On... - This group will explore a different topic every week that is relevant to our wellness.

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.

Cards and Board Games – A time to play Crib, Rummy, Chess, Scrabble and other games! Once a month we will host tournaments.

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

Ukuele Class – In person. Limited space. We have a few Ukeles you can use in class or bring your own.

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>