

Phone:
604-820-6355

Fax:
604-820-1839

Website:
www.centennialplacemission.ca



January 2022

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

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>3</p> <p>Closed for NEW YEAR'S STATUTORY HOLIDAY</p>  | <p>4</p> <p>10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Communication Skills 2:30 Computer Support</p> | <p>5</p> <p>9:30 <i>Coffee and Games</i> 10:30 Community Kitchen 11:00 Anxiety Support 12:00 Hot Lunch 1:30 Art Project</p> | <p>6</p> <p>10:00 Mindfulness and Meditation 11:00 Depression Conversation 1:00 Music Group 2:00 Mind Games</p> | <p>7</p> <p>9:30 <i>Coffee and Games</i> 10:30 Community Kitchen 11:00 <i>Atlas of the Heart Book Club</i> 1:00 Young Adults 1:30 Freedom 2 Create</p> |
| <p>10</p> <p>9:30 <i>Coffee and Games</i> 11:00 Movement and Flow 1:00 Ukulele class 2:00 Chair Yoga</p> | <p>11</p> <p>10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Communication Skills 2:30 Computer Support</p> | <p>12</p> <p>9:30 <i>Coffee and Games</i> 10:30 Community Kitchen 11:00 Anxiety Support 12:00 Hot Lunch 1:30 Art Project</p> | <p>13</p> <p>10:00 Mindfulness and Meditation 11:00 Depression Conversation 1:00 Music Group 2:00 HM/HB – The Good Life</p> | <p>14</p> <p>9:30 <i>Coffee and Games</i> 10:30 Community Kitchen 11:00 <i>Atlas of the Heart Book Club</i> 1:00 Young Adults 1:30 Freedom 2 Create</p> |
| <p>17</p> <p>BLUE WEEK 10:00 Blue Pancake Breakfast 11:00 Crisis Cards Pt 1 1:00 Ukulele Class 2:00 Chair Yoga</p> | <p>18</p> <p>BLUE WEEK 10:00 Water Meditation 1:00 Fraser River Walk</p> | <p>19</p> <p>BLUE WEEK 9:30 <i>Coffee and Games</i> 11:00 Crisis Cards Pt 2 12:00 Hot Lunch 1:30 Water Art Project</p> | <p>20</p> <p>BLUE WEEK 10:00 Ocean Meditation 11:00 Protecting Our Waters Discussion 1:00 Music Group</p> | <p>21</p> <p>BLUE WEEK 9:30 <i>Coffee and Games</i> 11:00 Fantasia Movie Time 1:00 Young Adults</p> |
| <p>24</p> <p>9:30 <i>Coffee and Games</i> 11:00 Movement and Flow 1:00 Ukulele class 2:00 Chair Yoga 2:00 Staff Meeting</p> | <p>25</p> <p>10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Communication Skills 2:30 Computer Support</p> | <p>26</p> <p>9:30 <i>Coffee and Games</i> 10:30 Community Kitchen 11:00 Anxiety Support 12:00 Hot Lunch 1:30 Art Project</p> | <p>27</p> <p>10:00 Mindfulness and Meditation 11:00 Depression Conversation 1:00 Music Group 2:00 Mind Games</p> | <p>28</p> <p>9:30 <i>Coffee and Games</i> 10:30 Community Kitchen 11:00 <i>Atlas of the Heart Book Club</i> 1:00 Young Adults 1:30 Freedom 2 Create</p> |
| <p>31</p> <p>9:30 <i>Coffee and Games</i> 11:00 Movement and Flow 1:00 Ukulele class 2:00 Chair Yoga</p> | | |  <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> |

What's NEW?

Groups, Programs and Activity Descriptions:

Blue Week – Every year in honor of Blue Monday (reportedly the saddest day of the year), we fill our calendar for an entire week with fun and light-hearted activities to help offset those winter blues.

Coffee and Games – Like regular coffee club, but with a fun twist! Join us in playing a variety of cards and board games. Coffee is \$1.50 per cup

Atlas of the Heart Book club – We will be reading through and discussing Brene Brown's newest book, Atlas of the Heart, which looks at our emotions and how we understand them.

Movement and Flow – A gentle exercise group led by our newest staff, Mya.

Communication Skills – An overview of various different communication skills, this group will involve practicing and learning how to better express ourselves.

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.

Depression Conversation – This group will explore skills and strategies for helping us when we are feeling down.

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.

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 Bonnie will lead everyone through it.

Freedom 2 Create – Let your creative juices flow while chatting with other people. Bring your own project to work on.

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

Chair Yoga – A yoga class that is accessible for all ages and levels of activity. Come out and get your stretch on.

About Centennial Place

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