

**Phone:**  
604-820-6355  
604-866-5151 (cell)

**Fax:**  
604-820-1839

**Website:**  
[www.centennialplacemission.ca](http://www.centennialplacemission.ca)



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

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

# April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Gratitude Journals 1:00 Music Lovers</p>	<p><b>2</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Group 12:00 Hot Lunch: Spaghetti w/ Sausage and Garlic Toast 1:00 Art: Umbrella Paper Plate craft</p>	<p><b>3</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate</p>	<p><b>4</b> 9:30 Coffee Bar &amp; Games 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: Bingo *1:00 YA: Video Games in our Lounge Room *new* <b>1:00 Seven Oaks Mall</b></p>
<p><b>7</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Pork Chops &amp; Cream of Mushroom w/Rice and Carrots 1:00 Diamond Painting  <b>Garden Clean up Week!</b></p>	<p><b>8</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Self Compassion 1:00 Music Lovers <b>12:30 YA: Castle Fun Park (\$10)</b>  <b>Garden Clean up Week!</b></p>	<p><b>9</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Group 12:00 Hot Lunch: Stir Fry w/ Veggies 1:00 Art: Tie Dye  <b>Garden Clean up Week!</b></p>	<p><b>10</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate  <b>Garden Clean up Week!</b></p>	<p><b>11</b> 9:30 Coffee Bar &amp; Games 11:00 Pancake Breakfast <b>10:00 BC Rock &amp; Gem Show (\$3)</b>  <b>Garden Clean up Week!</b></p>
<p><b>14</b> 9:30 Coffee Bar &amp; Games <b>10:00 Therapy Dog Halen</b> 11:00 Community Kitchen: Creamy Chicken Noodle Soup 2pm Staff Meeting <b>4pm YA: Dungeons &amp; Dragons</b></p>	<p><b>15</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Positive Self-Talk &amp; Mental Imagery 1:00 Music Lovers</p>	<p><b>16</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Support 12:00 Hot Lunch: Creamy Rose Pasta with Bun 1:00 Art: Easter Card Painting</p>	<p><b>17</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate <b>1:00: Inbetweeners Group: Thrift Store Shopping</b></p>	<p><b>18</b> <b>Good Friday</b>  <b>Clubhouse Closed</b></p>
<p><b>21</b> <b>Easter Monday</b>  <b>Clubhouse Closed</b></p>	<p><b>22</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Mindfulness Meditations 1:00 Music Lovers <b>1:00Spa &amp; Wellness Workshop Outing @ MFCS</b></p>	<p><b>23</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Support 12:00 Hot Lunch: Baked mac and cheese w/ salad 1:00 Art: Vision Boards <b>6:00Music Bingo@Springs</b></p>	<p><b>24</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate <b>1:30 YA: Galaxy Bowl w/ Abby House (\$6)</b></p>	<p><b>25</b> 9:30 Coffee Bar &amp; Games 10:00 Hearing Voices 11:00 Pancake Breakfast <b>12:00 Member's Meeting</b> 1:00 Goldie's: Seniors Café: Music Moods</p>
<p><b>28</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Baked Mac &amp; Cheese w/Salad &amp; Garlic Bread 1:00 Diamond Painting 2pm Staff Meeting</p>	<p><b>29</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Emotional Management 1:00 Music Lovers <b>4:00 Cineplex Movie Outing</b></p>	<p><b>30</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Support 12:00 Hot Lunch: Tacos with Chips 1:00 Art: Painting w/ Acrylics</p>	<p><i>Programs subject to change without notice</i> <b>Special Events are in BOLD</b> <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group/time change</p>	<p><b>Calendar is available on our website: <a href="http://www.centennialplacemission.ca">www.centennialplacemission.ca</a></b></p>

## What's NEW?

## Groups, Programs and Activity Descriptions:

**Garden Clean Up** – its Spring and time to get our gardens ready for planting!

**Food Bank- Tuesday's are the new days for food bank!**

**Hearing Voices** – A support group for anyone who hears or has heard voices, or experiences other unusual sensory phenomenon.

**Diamond Art** – Learn about diamond art painting and try out different projects. Create your masterpieces!

**Music Lovers** – Back by popular demand! A group to talk about, listen to, and play music.

**Goldie's: Senior's Café** – Anyone over the age of 55 is welcome! This group will chat about aging and everything it offers. We gather for coffee at local shops and explore seniors' programs in the community.

**Dungeons & Dragons** – Join us as a young adult at the clubhouse to start off a fantasy roleplaying game of Dungeons & Dragons!

**Self Esteem Group** – Come support one another and learn about ways in which we can uplift ourselves and those around us. We share our struggles and successes.

**Coffee bar and Games** – A morning meet up time to check in, chat, and play a game or two (Jenga anyone?). We are serving coffee for \$1.50 a cup! Selling Grab-a-Java Premium Coffee, baked goods and volunteer training to work in a Coffee Bar.

**Hot Lunch** – \$5 for a delicious meal. \$3 a meal for clubhouse volunteers. Learn new skills in the kitchen or just enjoy the food!

**Community Kitchen** – \$4 gets you a hands-on session in the kitchen learning how to cook great food.

**Pancake Breakfast** – \$2 Come enjoy tasty pancakes and good company. Your choice of berry, chocolate chip, or plain!

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

**Wellness Group** – Follow videos and workshops by popular professionals like Gabor Maté and Brené Brown.

**Meditation** – Follow a peaceful guided meditation and find your inner zen.

**Sharing Circle (Hybrid)** – 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. Virtual and in person.

**Anxiety Support** – This group explores skills and strategies for helping us when we are feeling anxious.

**Art Project** – We provide the supplies for the craft or art project and staff will lead everyone through it.

**Outings** – Join us as we go explore the city of Mission and surrounding areas. Check with staff to find out prices and trip length. Some are all day, some are shorter. This group requires sign up as we can accommodate a maximum of 5 members.

### About Centennial Place

<p><b>Need to make an appointment with staff?</b></p> <p>Call us or email  <a href="mailto:khetherington@communitascare.com">khetherington@communitascare.com</a></p>	<p>Centennial Place is a referral-based mental health support and wellness program in Mission, BC. 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>Contact us at 604.820.6355</p>
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