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

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

Calendar available online@:
www.centennialplacemission.ca

🌸 March 2026 🌸

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:30 Coffee Bar & Smoothies 10:30 Community Kitchen: Pancit 11:30 Work-Station: Resume drop in Session	<i>10:00 Sharing Circle (h)</i> 10:00 Y/A/M 11:00 Self Esteem Group: Gratitude Journals 1:00 🎵 Music Lovers 2:00 Women's Group: History of International Women's Day	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chicken Fried Rice & Spring Rolls 1:00 Art: Paper flower bouquet	10:00 Chair Yoga Affirmations/Meditation 11:00 Depression Conversation 1:00 Career Conversations: 'What to do if things get tough'	9:30 Coffee Bar & Coloring 11:00 Pancake Breakfast 12:00 Seniors Café: The Reach Gallery Museum 1:00 Young Adults: Cheesy Bun Bake
9	10	11	12	13
9:30 Coffee Bar & Smoothies 10:30 Community Kitchen: Fettuccine Alfredo 2pm Staff Meeting	<i>10:00 Sharing Circle (h)</i> 10:00 Y/A/M 11:00 Self Esteem Group: Practical Supports 1:00 🎵 Music Lovers 🎵 2:00 Women's Group: How to Make Friends	9:30 Coffee Bar 11:00 Anxiety Support 12:00 Hot Lunch: Turkey Sausage & Peppers Pasta 1:00 Art: Painting cherry blossoms with acrylic paint	10:00 Chair Yoga Affirmations/Meditation 11:00 Depression Conversation 3:30 Network Social Club: Work Curious?'	9:30 Coffee Bar & Coloring 10:30: MCC Coffee, Pie & Thrift Store Outing 11:00 Pancake Breakfast 12:00 Member's Meeting 12:30 YA: Board Games Café with EPI 2:00 Seniors Café: Bingo
16	17	18	19	20
9:30 Coffee Bar & Smoothies 10:30 St Johns Therapy Dog visit w/ Halen & Eryn 10:30 Community Kitchen: Chicken Chow Mein 11:30 Work-Station: Resume drop in Session	<i>St. Patrick's Day</i> <i>10:00 Sharing Circle (h)</i> 10:00 Y/A/M 11:00 Self-Esteem Group: Shame, Guilt and Self-Image 12:00 Your Life & Recovery Journey 1:00 🎵 Music Lovers 🎵 2:00 Women's Group: Vision Boards/Collages	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Clubhouse Sandwiches & Soup 1:00 Art: DIY Flamingos with pompoms and pipe cleaners 6:00 Music Bingo @ Springs	10:00 Y/A/M 11:00 Depression Conversation 1:00 Baking: Cherry Pie	<i>First Day of Spring</i> 9:30 Coffee Bar & Coloring 10:00 CP Bingo 11:00 Pancake Breakfast 12:00 Your Life & Recovery Journey 2:00 Seniors Café: Music Moods 2:00 YA: Jackbox Games and Popcorn
23	24	25	26	27
9:30 Coffee Bar & Smoothies 10:30 Community Kitchen: Rosti (Fried Potato Dish) & Mug Cake 2pm Staff Meeting	<i>10:00 Sharing Circle (h)</i> 10:00 Y/A/M 11:00 Self Esteem Group: The Inner Critic vs The Inner Coach 12:00 Your Life & Recovery Journey 1:00 🎵 Music Lovers 2:00 Women's Group: Coffee & Conversations	9:30 Coffee Bar & Games 11:00 Anxiety Support: Coloring as Coping Mechanism 12:00 Hot Lunch: Taco Bowls 1:00 Art: Rock painting	10:00 Y/A/M 11:00 Depression Conversation	9:30 Coffee Bar & Coloring 11:00 Waffle Breakfast 12:00 Your Life & Recovery Journey 2:00 Seniors Café: Firepit Social w/Coffee and Snacks 2:00 YA Dungeons & Dragons
30	31			
9:30 Coffee Bar & Smoothies 10:30 Community Kitchen: Chicken Stir Fry 11:30 Work-Station: Resume drop in Session	<i>10:00 Sharing Circle (h)</i> 10:00 Y/A/M 11:00 Self Esteem Group: Guided Meditations 1:00 🎵 Music Lovers 🎵 2:00 Women's Group: Follow-Along Painting 4:00 CP Movie Night			<i>Programs subject to change without notice</i> Special Events are in BOLD <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group/time change

What's NEW?

Groups, Programs and Activity Descriptions:

***New* Career Conversations-** Informal chat and info session about finding jobs and developing skills

***New* Work-Station-** Get one-on-one help with resumes, job applications, and computer skills in a relaxed drop-in setting.

Women's Group – A group for women (and those who identify) to talk about topics that affect women. Topics to include relationships, emotions, female authors, physical wellness and more!

Food Bank- Tuesdays are the days for food bank!

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

Seniors 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 serve coffee for \$1.50 a cup! Baked goods are available 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! **Sign up required**

Community Kitchen gives you a hands-on session in the kitchen learning how to cook great food. **Sign up required**

Pancake Breakfast – \$2 Come enjoy tasty pancakes and good company. Your choice of berry, chocolate chip, or plain! No cost for those 55+

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

Chair Yoga /Affirmations/ Meditation (Y/A/M) – Follow a peaceful guided meditation and find your inner zen, or enjoy a round of chair yoga

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.

Member's Meetings - This is your chance to find out what's going on at CP and bring your ideas for groups, meals and outings.

Outings – Join us as we explore the city of Mission and surrounding areas. Check with staff to find out prices and trip lengths. Some are all day, some are shorter. This group requires sign-up as we can accommodate a maximum of 5/6 members. **Sign up required**

About Centennial Place

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.

Need to make an appointment with staff?

Call us or email
khetherington@communitascare.com

Do you have a question for us about this calendar or anything else?
Contact us by phone 604.820.6355 or by text 604.866.5151

Referrals to Centennial Place come from Case Managers at Mission Mental Health (located on the third floor of 7298 Hurd St) and self-referral by calling Access Line @ 1.833.866.6478

Support with the referral process is available via any staff member here at Centennial Place