













	Mon	Tue	Wed	Thu	Fri	
<p>BASIC LIVING Budgeting/Shopping Self-Esteem Workshop Relationship Building Workshop/Goal Planning Workshop/Communication Skills /Exercise Classes/Yoga/Baking</p> <p>“WHALE HOUSE WEIGHT MANAGEMENT” Menu Planning / Nutrition /Baking/Community Kitchen Breathe Easy Workshop Healthy Body Healthy Mind Discussion Group Baking “Whale House Weight Management” Menu Planning / Nutrition /Baking/Community Kitchen Breathe Easy Workshop Healthy Body Healthy Mind Discussion</p> <p>LEISURE Art & Craft Classes Movies/Mall Outings/Cards /Special Events/Games/Bingo /Pool/Walking/Wii Fit /Swim & Gym/Baseball / Basketball/Bowling/Floor Hockey/Improv/Photography Hockey/Ping Pong/Guitar Lessons/Jewelry Classes Wellness/Activities on Healthy Eating/Weight Management, Active, Smoking Cessation, Wrap, Spiritual Needs and other workshops and activities requested by members</p> <p>EMPLOYMENT See Front page</p>	<p>1  Bring on the NEW YEAR! WHALE HOUSE CLOSED</p>	<p>2 10:30 - 11:30 Exercise Group 1:00 - 2:00 Baking 1:30 - 2:30 Improv Fun 4:00 - 8:00 Community Integration: Dinner and Movie (\$10.00)</p>	<p>3 10:30 - 11:30 Exercise Group 10:00 - 11:00 Resume & Computer Lessons 1:30 - 2:30 Jam Session 1:00 - 3:00 Costco 4:00 - 8:00 New Year’s Dinner &</p>	<p>4 10:00 - 11:00 Computer Lessons 11:00 - 12:00 Yoga 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament 4:00 - 8:00 Dinner \$ Basketball/</p>	<p>5 9:30 - 11:00 PHOTOGRAPHY CLUB 11:00 - 12:00 Exercise Group 1:30 - 3:30 Jam Session  2:00 - 3:00 Guitar Lessons 1:30 - 3:00 Baking</p>	<p>Recovery Support Training Is a 10 session program to teach people living with mental health challenges the skills they need to recover and help others recover. Closed groups.</p> <p>W.R.A.P is a Wellness Recovery Action Plan 8 session workshop that will help you learn to integrate five key concepts of recovery into your life. Closed group.</p> <p>Young Adults Offers a variety of social , recreational activities out in the community This program provides opportunities to learn new skills and integrate back into the community and meet new friends (Y.A. from the age of 19-29)</p> <p>Cultural Events <i>Promoting diversity through food discussion sessions. Planned outings in the community Buddhist temples, and Hindu temples in the area.</i></p> <p>Member’s Meeting On Request </p>
	<p>8 10:30 - 11:30 Exercise Group 1:00 - 1:30 Menu Planning 1:30 - 2:30 Health & Fitness 1:30 - 2:30 Grocery Shopping 1:30 - 3:00 Jewelry Making 2:00 - 3:00 Guitar Lessons</p>	<p>9 10:30 - 11:30 Exercise Group 1:30 - 2:30 Improv Fun 4:00 - 8:00</p>	<p>10 10:30 - 11:30 Exercise Group 10:00 - 11:00 Resume & Computer Lessons 1:00 - 3:00 Walmart 1:30 - 2:30 Jam Session 4:00 - 8:00 Alive Group: Dinner & Japanese Night </p>	<p>11 10:00 - 11:00 Computer Lessons 11:00 - 12:00 Yoga 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament 4:00 - 8:00 Dinner & Ping Pong (\$3.00)</p>	<p>12 9:30 - 11:00 PHOTOGRAPHY CLUB 11:00 - 12:00 Exercise Group 1:30 - 3:30 Jam Session  2:00 - 3:00 Guitar Lessons 1:30 - 3:00 Baking 1:30 - 3:00 Knitting</p>	
	<p>15 10:30 - 11:30 Exercise Group 1:00 - 1:30 Menu Planning 1:30 - 3:00 Jewelry Making 1:30 - 2:30 Grocery Shopping 2:00 - 3:00 Guitar Lessons 3:00 - 3:30 Computer Classes</p>	<p>16 10:30 - 11:30 Exercise Group 1:30 - 2:30 Improv Fun 4:00 - 8:00 Community Integration: Dinner and Bowling (\$5.00) </p>	<p>17 10:30 - 11:30 Exercise Group 10:00 - 11:00 Resume & Computer Lessons 1:00 - 3:00 Willowbrook Mall 1:30 - 2:30 Jam Session 4:00 - 8:00 Alive Group: Dinner & Snooker</p>	<p>18 10:00 - 11:00 Computer Lessons 11:00 - 12:00 Yoga 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament 4:00 - 8:00 Dinner \$ Basketball/Floor hockey (\$3.00)</p>	<p>19 9:30 - 11:00 PHOTOGRAPHY CLUB 11:00 - 12:00 Exercise Group 1:30 - 3:30 Jam Session  2:00 - 3:00 Guitar Lessons 1:30 - 3:00 Baking</p>	
	<p>22 10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 3:00 Jewelry Making 1:30 - 2:30 Grocery Shopping 2:00 - 3:00 Guitar Lessons</p>	<p>23 10:30 - 11:30 <i>Exercise Group</i> 1:00 - 3:00 7 Steps to Employment 1:30 - 2:30 Improv Fun 4:00 - 8:00 Community Integration: Dinner and Bowling (\$5.00) </p>	<p>24 PAYDAY 10:00 - 11:00 Resume 1:30 - 3:00 Toxic Relationships 1 Workshop 1:00 - 3:00 Guildford Mall 4:00 - 8:00 Alive Group: Restaurant Outing (Bring \$5)</p>	<p>25 10:00 - 11:00 Computer Lessons 11:00 - 12:00 Yoga 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament 4:00 - 8:00 Dinner \$ Swim and Gym (\$3.00)</p>	<p>26 9:30-11:00 PHOTOGRAPHY CLUB 11:00 - 12:00 Exercise Group 1:30 - 3:30 Jam Session  2:00 - 3:00 Guitar Lessons 1:30 - 3:00 Baking 1:30 - 3:00 Knitting</p>	
	<p>29 Birthday Bash!  10:30 - 11:30 Exercise Group 1:00 - 1:30 Menu Planning 1:30 - 3:00 Jewelry Making 1:30 - 2:30 Grocery Shopping 2:00 - 3:00 Guitar Lessons</p>	<p>30 10:30 - 11:30 <i>Exercise Group</i> 1:30 - 2:30 Improv Fun 4:00 - 8:00 Community Integration: Dinner and Movie (\$7.00) </p>	<p>31 10:30 - 11:30 Exercise Group 10:00 - 11:00 Resume & Computer Lessons 1:00 - 3:00 Surrey Central Mall 1:30 - 2:30 Jam Session 4:00 - 8:00 Alive Group: Dinner & (\$3.00) Surrey Art Gallery</p>	<p> JANUARY</p>		
	<p>Sign up required for all recreational activities, outings and workshops</p>					

Therapeutic Volunteer Program

This program is designed for individuals living with mental health challenges, who want to begin a journey towards competitive employment. TVP supports members to find and maintain volunteer work. There are numerous volunteer opportunities throughout the community. Program runs for a period of 12 months. Participants can volunteer either a minimum of 5 or 10 hours a month, for which they will receive a \$50 or \$100 honorarium.

Pre-Employment Program

Why work ?

Services offered

- ◆ Benefits of work and tips for coping with work stress
- ◆ Helps provide us greater meaning and purpose with our lives
- ◆ Increase your motivation to work through determining a list of benefits made possible through working
- ◆ Determine positive skills and personal qualities that directly relate to finding work
- ◆ Discover what type of work is available and what is of interest to you
- ◆ How to market yourself and get the job - Cover Letters, resumes and interview tips
- ◆ How to adjust to your new work routine - Day planning, new social relationships and stress management

Completive Employment

Services offered

- ◆ **CAREER DECISION - MAKING**
Is a Computer program to assist you
To Learn more about your job choice
- ◆ **What do I need to work?**
Resumes ,cover letters and application
- ◆ **How Do I Market myself?**
Interview Tips and Practice question
- ◆ **What I do if things get tough?**
Coping with rejection or disappointments
- ◆ **How do I make this change Successful?**
Planning for work

Young Adults

- ◆ Tuesday night bowling
4 pm - 8 pm
- ◆ 2nd & 4th Wednesday evenings
4 pm-8 pm
- ◆ Thursday evenings sports
4 pm-8 pm

Please contact Whale House for more information.



January Schedule 2018

WHALE HOUSE



15877 Pacific Avenue

White Rock, B. C. V4B 1S8

Phone: 604.536.3480 Cell: 604.613.5230

Fax: 604.535.1058

WHALE HOUSE HOURS:

DAYTIME

Monday & Friday
9:00am - 4:00pm

EVENING

Tuesday, Wednesday
& Thursday
4:00pm - 8:00pm

JANUARY HIGHLIGHTS



NEW YEARS DINNER: JANUARY 3RD, 4:00pm-8:00pm

Exercise Group:
every Monday, Tuesday and Wednesday
10:30am-11:30am



Photography: every Friday, 9:30am-11:00am

Yoga: every Thursday, 11:00am-12:00pm



7 Steps to Employment: January 23, 1:00pm-3:00pm