

BASIC LIVING
Budgeting/Shopping
Self-Esteem Workshop
Relationship Building
Workshop/Goal Planning
Workshop Communication
Skills/ Exercise Classes/
Yoga/Baking












“Whale House Weight Management”
Menu Planning/Nutrition
/Baking/Community Kitchen
Breathe Easy Workshop
Healthy Body Healthy Mind
Discussion

LEISURE
Art & Craft Classes
Movies
Mall Outings
Cards
Special Events
Games/Bingo/Pool/Walking
/Wii Fit/ Swim & Gym/
Baseball/Basketball/Bowling

/Floor Hockey/Car Modelling
Class/Guitar Lessons
/Jewelry Classes/Hockey
/Car Modelling Class
/Guitar Lessons/Jewelry
Classes

Wellness Activities on
healthy eating, weight
management, smoking
cessation, WRAP, *spiritual
needs and other workshops
and activities requested
by members.*

EMPLOYMENT
See
Back page

Mon	Tue	Wed	Thu	Fri
  MARCH 17TH				
<p>5 9:00 - 11:00 ART THERAPY WORKSHOP 10:30 - 1:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 3:00 MOOD DISORDER SUPPORT GROUP 1:30 - 3:00 Knitting Group 2:00 - 3:30 Guitar Lessons</p>	<p>6 10:30 - 11:30 Exercise Group 1:30 - Walking Group 1:30 - 2:30 Artist Workshop 4:00 - 8:00 Dinner and Bowling (\$5.00)  **Menu Planning**</p>	<p>7 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume and Computer Lessons 1:00pm - 3:00 Costco 4:00 - 8:00 Alive Group: Dinner & Birdies and Buckets **Menu Planning**</p>	<p>8 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale-In Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner & Swim & Gym (\$3.00) **Menu Planning**</p>	<p>9 9:00 - 11:00 Photography Club 10:00 - 11:00 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:30 Guitar Lessons </p>
<p>12 9:00 - 11:00 ART THERAPY WORKSHOP 10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 3:00 Knitting Group 2:00 - 3:30 Guitar Lessons</p>	<p>13 10:30 - 11:30 Exercise Group 1:00 - Walking Group 1:30 - 3:30 7 STEPS TO EMPLOYMENT 1:30 - 2:30 Artist Workshop 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p>14 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume and Computer Lessons 1:00 - 3:00 Walmart 4:00 - 8:00 Alive Group: ST. PATRICK'S DINNER Irish Stew! (\$3.00) </p>	<p>15 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale-In Art Class and Pool Tournament 4:00-8:00 Dinner & Floor Hockey (\$3.00)</p>	<p>16 WHALE HOUSE OPENING AT 10:00AM 10:00 - 11:00 Photography Club 10:00 - 11:00 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:30 Guitar Lessons </p>
<p>19 10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 3:00 MOOD DISORDER SUPPORT GROUP 1:30 - 3:00 Knitting Group 3:00 - 3:30 Computer Classes</p>	<p>20 10:30 - 11:30 Exercise Group 1:00 - Walking Group 1:30 - 2:30 Artist Workshop 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p>21 **Pay Day** 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume and Computer Lessons 1:00 - 3:00 Guildford Mall Outing 4:00 - 8:00 Alive Group: \$\$ Restaurant Outing \$\$</p>	<p>22 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale-In Art Class and Bingo/Pool Tournament 4:00-8:00 Dinner & Floor Hockey (\$3.00)</p>	<p>23 9:00 - 11:00 Photography Club 10:00 - 11:00 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:30 Guitar Lessons </p>
<p>26 Birthday Bash 10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 3:00 Knitting Group 2:00 - 3:30 Guitar Lessons 3:00 - 3:30 Computer Classes</p>	<p>27 10:30 - 11:30 Exercise Group 1:00 - Walking Group 1:30 - 2:30 Artist Workshop 4:00 - 8:00 Dinner and Movie night (\$10.00)</p>	<p>28 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume and Computer Lessons 1:00pm - 3:00 Trail Walk 4:00 - 8:00 Alive Group: EASTER DINNER (Free) </p>	<p>29 10:00 - 11:00 Computer Lessons 11:00 - 11:45 Yoga 1:30 - 3:30 Whale-In Art Class and Pool Tournament 4:00-8:00 Dinner & Floor Hockey (\$3.00)</p>	<p>30 9:00 - 11:00 Photography Club 10:00 - 11:00 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:30 Guitar Lessons </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.

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

Young Adults

Offers a variety of social, recreational activities out in the community This program provides opportunities to learn new skills and intergrade back into the community and meet new friends (Y.A from the age of 19-29)

Cultural Events

Promoting diversity through food discussion sessions. Planned outings in the community Buddhist temples, and Hindu temples in the area.

Member's Meeting On Request



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 you greater meaning and purpose with your life.
- ◆ 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.

Competitive Employment

Services offered:

- ◆ **CAREER DECISION MAKING**
A computer program to assist you to learn more about your job choice.
- ◆ **What do I need to work?**
Resumes, cover letters and applications.
- ◆ **How Do I Market myself?**
Interview tips and practice questions.
- ◆ **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
- ◆ Wednesday evenings
4 pm - 8 pm
- ◆ Thursday evenings sports
4 pm - 8 pm

Please contact Whale House for more information.



March Schedule 2018

WHALE HOUSE



15877 Pacific Avenue

White Rock, BC 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

MARCH 2018 HIGHLIGHTS

- ◆ Art Therapy Workshop 



- ◆ 7 Steps to Employment

- ◆ Mood Disorder Support Group 



- ◆ Food Safe Course

- ◆ Easter Dinner 



- ◆ St. Patrick's Night