


















	Mon	Tue	Wed	Thu	Fri
<p>BASIC LIVING</p> <p>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</p> <p>LEISURE</p> <p>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</p> <p>Wellness Activities on healthy eating, weight management, smoking cessation, WRAP, spiritual needs and other workshops and activities requested by members.</p> <p>EMPLOYMENT See Back page</p>	<p>3</p> <p>10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 2:30 Walking Group 1:30 - 2:30 Grocery Shopping 3:00 - 3:30 Computer Classes</p>	<p>4</p> <p>10:30 - 11:30 Exercise Group 10:30 - 11:30 <i>Artist Workshop</i> 1:30 - 3:30 Car Modeling 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p>5</p> <p>10:00 - 11:30 Gardening Crew 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume and Computer Lessons 1:00 - 3:00 Costco 3:00 - 8:00 Alive Group: Go-Karting & Barbeque</p>	<p>6</p> <p>10:00 - 11:00 Computer Lessons 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament  4:00 - 8:00 Dinner & Softball, Stepping Stone Game</p>	<p>7</p> <p>10:00-11:00 Classical Stretches 1:00 - 3:00 Baking with Natalie  2:00 - 3:00 Guitar Lessons </p>
	<p>10</p> <p>10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 2:30 Walking Group 1:30 - 2:30 Grocery Shopping 3:00 - 3:30 Computer Classes</p>	<p>11</p> <p>10:30 - 11:30 Exercise Group 10:30 - 11:30 <i>Artist Workshop</i> 1:30 - 3:30 Car Modeling 1:30 - 3:30 Love Sex Relationship Group  4:00 - 8:00 Dinner and Bowling (\$5.00)</p>	<p>12</p> <p>10:00 - 11:30 Gardening Crew 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume & Computer Lessons 1:00 - 3:00 Walmart 4:00 - 8:00 Alive Group: Campbell Valley Park BBQ(\$3.00)</p>	<p>13</p> <p>10:00 - 11:00 Computer Lessons 1:30 - 3:30 Whale In - Art Class and Bingo/Pool Tournament  4:00 - 8:00 Dinner & Touch Football</p>	<p>14</p> <p>10:00 - 11:00 Classical Stretches 1:00-3:00 Baking with Natalie 2:00-3:00 Guitar Lessons </p>
	<p>17</p> <p>10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 2:30 Walking Group 1:30 - 2:30 Grocery Shopping 1:30 - 3:30 Love Sex Relationship Group 3:00 - 3:30 Computer Classes</p>	<p>18</p> <p>10:30 - 11:30 Exercise Group 10:30 - 11:30 <i>Artist Workshop</i> 1:00 - 2:30 7 Steps to Employment 4:00 - 8:00 Community Integration: Dinner and Bowling (\$5.00) </p>	<p>19</p> <p>11:00 - 2:00pm Inter Clubhouse Picnic @ Peach Arch Park   4:00 - 8:00 Alive Group: Ukrainian Dinner Night (\$3.00)</p>	<p>20</p> <p>10:00 - 11:00 Computer Lessons 11:00 - 12:00 Knitting 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament  4:00 - 8:00 Dinner & Softball New Leaf Game</p>	<p>21</p> <p>10:00 - 11:00 Classical Stretches 1:00-3:00 Baking with Natalie  2:00-3:00 Guitar Lessons </p>
	<p>24</p> <p>10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 2:30 Grocery Shopping 1:30 - 3:30 Love Sex Relationship Group 3:00 - 3:30 Computer Classes</p>	<p>25</p> <p>10:30 - 11:30 Exercise Group 10:30 - 11:30 <i>Artist Workshop</i> 1:30 - 3:30 Car Modeling 4:00 - 8:00 Dinner and Bowling (\$5.00) </p>	<p>26</p> <p>10:00 - 11:30 Gardening Crew 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume & Computer Lessons 1:00 - 3:00 Guildford Mall 4:00 - 8:00 Alive Group: Restaurant Outing (\$\$\$)</p>	<p>27</p> <p>10:00 - 11:00 Computer Lessons 1:30 - 3:30 Whale In Art Class & Bingo/Pool Tournament  4:00 - 8:00 Dinner & Softball, Whale House Game</p>	<p>28</p> <p>10:00 - 11:00 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons </p>
	<p>31 BIRTHDAY BASH!</p> <p>10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:30 - 2:30 Grocery Shopping 1:30 - 3:30 Love Sex Relationship Group 3:00 - 3:30 Computer Classes</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.



July Schedule 2017

WHALE HOUSE



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Phone: 604.536.3480 Cell: 604.613.5230

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WHALE HOUSE HOURS:

DAYTIME

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

EVENING

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

HIGHLIGHTS

Ukrainian Dinner Night



7 Steps to Employment, July 18th 1:30-2:30

Inter-Clubhouse Picnic Wednesday, July 19th 11:00am-2:00pm



Love, Sex & Relationships Workshop, July 17th, 24th, 31st

Barbeque & Go Karting



Campbell Valley Park Barbecue

Baking Class



Guitar Lessons

Baseball Games

