



# SURREY CLUBHOUSE - The Roost

## MARCH, 2017



MONDAY	TUESDAY <sup>3</sup>	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PRACTICING SKILLS:</b> (Daily 10:00am - 3:00pm)</p> <ul style="list-style-type: none"> <li>* <b>Cooking</b></li> <li>* <b>Cleaning</b></li> <li>* <b>Communication Skills</b></li> <li>* <b>Social Skills,</b></li> <li>* <b>Building Relationships, etc.</b></li> </ul>	<p><b>Happy St. Patrick's Day</b></p> <p>March 17<sup>th</sup></p>	<p><b>1</b> Supported Work 9:30 - 3:00pm</p> <p><b>OTHER CLUBHOUSE PROGRAMS CLOSED</b></p>	<p><b>2</b> Janitorial Training 8:00 - 9:00am</p> <p>Supported Work 9:30am - 3:00pm</p> <p>One on One Job Search <i>By Appointment.</i></p> <p>Krafty Korner 1:30 - 3:00pm</p>	<p><b>3</b> Walk to Unwin Park 12:45 - 1:15pm</p> <p>Tea Time with Weekly Menu Planning 1:15pm</p> <p>The Frame Shop</p> <p>Training or Customer Framing 1:30 - 3:00pm <i>By Appointment</i></p>
<p><b>6</b> Janitorial Training 8:00 - 9:00 am</p> <p>Grocery Shopping 9:00am</p> <p>The Frame Shop Training 10:00 - 11:30 am</p> <p>Customer Framing 1:30 - 3:00pm</p> <p>Supported Work (EPI) 1:00 - 3:00pm</p> <p>Resumé Development <i>By Appointment</i></p>	<p><b>7</b> Supported Work 9:30am - 3:00pm</p> <p><b>EMPLOYABILITY GROUP WORKSHOP:</b> Exploring Strengths <i>By Appointment</i></p> <p>Painting Class 1:30 - 3:00pm</p>	<p><b>8</b> Supported Work 9:30 - 3:00pm</p> <p><b>OTHER CLUBHOUSE PROGRAMS CLOSED</b></p>	<p><b>9</b> <i>Staff Meeting: 8:30 - 10:00am</i> <b>CLUBHOUSE OPEN @ 10:30am Today</b></p> <p>Supported Work 9:30am - 3:00pm</p> <p>One on One Job Search <i>By Appointment.</i></p> <p>Krafty Korner 1:30 - 3:00pm</p>	<p><b>10</b> Walk to Unwin Park 12:45 - 1:15pm</p> <p>Tea Time with Weekly Menu Planning 1:15pm</p> <p>Games 1:30 - 3:00pm</p>
<p><b>13</b> Janitorial Training 8:00 - 9:00 am</p> <p>Grocery Shopping 9:00am</p> <p>The Frame Shop Training 10:00 - 11:30 am</p> <p>Customer Framing 1:30 - 3:00pm</p> <p>Supported Work (EPI) 1:00 - 3:00pm</p>	<p><b>14</b> Supported Work 9:30am - 3:00pm</p> <p><b>EMPLOYABILITY GROUP WORKSHOP:</b> Interviewing/Cover Letter Training <i>By Appointment</i></p> <p>Painting Class 1:30 - 3:00pm</p>	<p><b>15</b> Supported Work 9:30 - 3:00pm</p> <p><b>OTHER CLUBHOUSE PROGRAMS CLOSED</b></p>	<p><b>16</b> Janitorial Training 8:00 - 9:00am</p> <p>Supported Work 9:30am - 3:00pm</p> <p>One on One Job Search <i>By Appointment.</i></p> <p>Krafty Korner 1:30 - 3:00pm</p>	<p><b>17</b> <b>St. Patrick's Day</b></p> <p><b>IRISH FOR A DAY LUNCH</b> 10:00am - 12:00pm</p> <p>Tea Time with Weekly Menu Planning 1:00pm</p> <p>The Frame Shop Training or Customer Framing 1:30 - 3:00pm <i>By Appointment</i></p>
<p><b>20</b> Janitorial Training 8:00 - 9:00am</p> <p>Grocery Shopping 9:00am</p> <p>The Frame Shop Training 10:00 - 11:30am</p> <p>Customer Framing 1:30 - 3:00pm</p> <p>Supported Work (EPI) 1:00 - 3:00pm</p> <p>Resumé Development <i>By Appointment</i></p>	<p><b>21</b> Supported Work 9:30am - 3:00pm</p> <p><b>EMPLOYABILITY GROUP WORKSHOP:</b> Computer basics and MS Word <i>ByAppointment</i></p> <p>Painting Class 1:30 - 3:00pm</p>	<p><b>22</b></p> <p><b>CLUBHOUSE LEARNING EXCHANGE For Staff</b></p> <p><b>ALL CLUBHOUSE PROGRAMS CLOSED</b></p>	<p><b>23</b> Janitorial Training 8:00 - 9:00am</p> <p>Supported Work 9:30am - 3:00pm</p> <p>One on One Job Search <i>By Appointment.</i></p> <p>Krafty Korner 1:30 - 3:00pm</p>	<p><b>24</b> Walk to Unwin Park 12:45 - 1:15pm</p> <p>Tea Time with Weekly Menu Planning 1:15pm</p> <p>Games 1:30 - 3:00pm</p>
<p><b>27</b> Janitorial Training 8:00 - 9:00am</p> <p>Grocery Shopping 9:00am</p> <p><b>In-service: Sleep Routines by OT @ NF 2:00 - 3:00pm</b></p> <p>The Frame Shop Training 10:00 - 11:30am</p> <p>Customer Framing 1:30 - 3:00pm</p> <p>Supported Work (EPI) 1:00-3:00pm</p>	<p><b>28</b> Supported Work 9:30am - 3:00pm</p> <p><b>EMPLOYABILITY GROUP WORKSHOP:</b> Exploring Strengths <i>By Appointment</i></p> <p>Painting Class 1:30 - 3:00pm</p>	<p><b>29</b> Supported Work 9:30 - 3:00pm</p> <p><b>OTHER CLUBHOUSE PROGRAMS CLOSED</b></p>	<p><b>30</b> Janitorial Training 8:00 - 9:00am</p> <p>Supported Work 9:30am - 3:00pm</p> <p>One on One Job Search <i>By Appointment.</i></p> <p>Krafty Korner 1:30 - 3:00pm</p>	<p><b>31</b> Walk to Unwin Park 12:45 - 1:15pm</p> <p>Tea Time with Weekly Menu Planning 1:15pm</p> <p>The Frame Shop Training or Customer Framing 1:30 - 3:00pm <i>By Appointment</i></p>

## WHAT WE OFFER

### Basic Skills Development

Provides members with opportunities to participate in the daily operation of the clubhouse with home management & life skills such as: meal prep, house maintenance/clean-up, reception & delegation of clubhouse chores, budgeting & shopping skills

### Pre-Employment

Therapeutic Volunteer Placement  
Supported Work Program  
Volunteer Program

### Employment Services

Employment Services is a specialized program for members of Surrey Clubhouse, and is designed to facilitate individuals who have experienced barriers to employment due to mental illness to gain and maintain competitive employment in the community

### Social/Leisure

Art  
Crafts  
Special Events

The Arts/Crafts Group meets twice a week to provide members with opportunities to learn new techniques or sharpen their creative skills, and to build self-confidence. Furthermore, it provides a very meaningful and valuable social networking platform for our members.

## PRE-EMPLOYMENT

### 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.

### Supported Work Program

The Supported Work program, offered through the clubhouse, supports members to participate in casual work in a community setting. Work is contracted by the agency and is carried out by the participants of the program with on-site support from staff. Participants are paid a training wage (no less than minimum wage), using income from the work placement. Types of jobs include seasonal work, such as: landscaping & maintenance, Clean Streets program, moving crews, apartment cleaning; "The Frame Shop", and more. Participation in the Supported Work program helps individuals develop basic work skills, increase confidence, gain work experience and connect with the community. Most importantly, for many it's a step towards competitive employment. Janitorial Training is also offered at our clubhouse Mondays & Wednesdays 8:00-9:00am.

### The Frame Shop

The Frame Shop provides training in basic picture framing skills, and custom framing service for the community. This program is offered on Mondays and every other Friday.

For more information about TVP and the Supported Work Program contact Will, or for The Frame shop contact Diane at 604.597.8610

*"The best way out is always through."*

*~ Robert Frost*

## Surrey Clubhouse – The Roost



# MARCH

13582 - 68 Avenue

604.597.8610

**\*\* Open Monday to Friday 9:00am to 4:00pm \*\***

## EMPLOYMENT SERVICES

Our Employment Services program provides an opportunity to develop a framework to assist in meeting the employment goals of members.

### SERVICES PROVIDED

- Exploration, development, and implementation of employment goals, in collaboration with participants.
- Support for job search.
- One on one coaching.
- Interview practice.
- Resume & cover letter development.
- Advocacy: negotiating workplace accommodations.
- Ongoing support in the workplace, via telephone, or in the community in person.
- Individualized follow-along supports are provided to clients and employers on a time-unlimited basis.

*\* Vocational goals are based on clients' preferences and needs rather than the job market.*

## REMINDERS

- \* Clubhouse OPEN @ 10:30 am Thurs, March 9<sup>th</sup> due to Staff Meeting.
- \* Clubhouse CLOSED Wed, March 22<sup>nd</sup> for all programs due to staff Clubhouse Learning Exchange.

## HIGHLIGHTS



- \* IRISH for a DAY LUNCH @ The Roost: Fri, March 17<sup>th</sup> at 12:00pm as usual. Cost: \$3.00.
- \* WRAP WORKSHOP: Call Kathleen (New Frontier) to sign up for next sessions @ 604.581.6177.
- \* RECOVERY SUPPORT TRAINING: Call G. (New Frontier) @ 604.581.6177 for info & sign up for next sessions in the fall, 2017.
- \* SPIRITUAL HEALTH GROUP: Every Wednesday 1:15 - 2:30pm @ New Frontier. Discussion group to explore your own spiritual beliefs to cope with stressors & challenges in mental health.
- \* LOVE, SEX & RELATIONSHIPS WORKSHOP: A closed group on Tuesdays in March from 11:00am - 12:30pm. Call Emily or Udeepa @ New Frontier 604.581.6177 for info and sign up.
- \* IN-SERVICE WORKSHOPS: discussing various health and wellness topics will be run by a FH Occupational Therapist (OT) at New Frontier the last Monday of each month, 2:00 - 3:00pm.

