



Everyone's Irish  
On March 17th.

# MARCH

**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

**6**  
9:30 - 12:00- WRAP  
1:00 - 1:30 Menu Planning  
1:00 Walking Group  
1:30 - 2:30 Grocery Shopping  
1:30 - 3:30 Jewelry class  
2:00 - 3:30 Guitar Lessons  
3:00 - 3:30 Computer Classes

**13**  
9:30 - 12:00- WRAP  
1:00 - 1:30 Menu Planning  
1:00 Walking Group  
1:30 - 2:30 Grocery Shopping  
1:30 - 3:30 Jewelry Class  
2:00 - 3:30 Guitar Lessons  
3:00 - 3:30 Computer Classes

**20**  
10:30 - 11:30  
Classical Stretches  
1:00 - 1:30 Menu Planning  
1:00 Walking Group  
1:30 - 2:30 Grocery Shopping  
1:30 - 3:30 Jewelry Class

**27 Birthday Bash**  
9:30 - 12:00- WRAP  
1:00 - 1:30 Menu Planning  
1:30 - 2:30 Grocery Shopping  
1:00 Walking Group  
2:00 - 3:30 Guitar Lessons  
3:00 - 3:30 Computer Classes

**7**  
10:30 - 11:30 Exercise Group  
10:30 - 11:30 Artist Workshop  
1:00 Changing Negative Beliefs  
1:30 - 3:30 Car Modeling  
4:00 - 8:00 Dinner and  
Bowling (\$5.00)  
\*\*Menu Planning\*\*

**14**  
10:30 - 11:30 Exercise Group  
10:30 - 11:30 Artist Workshop  
1:00 Say Goodbye to Anxiety  
1:30 - 3:30 Car Modeling  
4:00 - 8:00 Dinner and  
Bowling (\$5.00)

**21**  
10:30 - 11:30 Exercise Group  
10:30 - 11:30 Artist Workshop  
12:00 - Appreciation Lunch  
1:30 - 3:30 Car Modeling  
4:00 - 8:00 Dinner and  
Bowling (\$5.00)

**28**  
10:30 - 11:30 Exercise Group  
10:30 - 11:30 Artist Workshop  
1:00 Money, Money Workshop  
1:30 - 3:30 Car Modeling  
4:00 - 8:00 Dinner and  
Bowling (\$5.00)

**8**  
10:30 - 11:30 Classical Stretches  
10:00 - 11:00 Resumé and  
Computer Lessons  
1:00pm - 3:00 Walmart  
4:00 - 8:00 Alive Group:  
**Urban Wildlife Safari**

**15**  
10:30 - 11:30 Classical Stretches  
10:00 - 11:00 Resumé and  
Computer Lessons  
12:30pm Tsawwassen Mills  
4:00 - 8:00 Alive Group:  
**St. Patrick's Dinner**  
\*\*FREE\*\*

**22 \*\*Pay Day\*\***  
**Whale House Closed**  
**Clubhouse Exchange**  
5:30 - 8:00 Alive Group:  
\$\$ Restaurant Outing \$\$

**29**  
10:30 - 11:30 Classical Stretches  
10:00 - 11:00 Resumé and  
Computer Lessons  
1:00 - 3:00 Willowbrook Mall  
4:00 - 8:00 Alive Group:  
Crescent Beach & Ice Cream

**9**  
10:00 - 11:00 Computer Lessons  
11:00 Kundalini Yoga  
1:30 - 3:30 WHALE-IN: Art Class  
and Bingo/Pool Tournament  
4:00 - 8:00 Floor Hockey  
& Dinner (\$3.00)

**16**  
10:00 - 11:00 Computer Lessons  
1:30 - 3:30 WHALE-IN Art Class  
& Bingo/Pool Tournament  
4:00-8:00 Floor Hockey  
& Dinner (\$3.00)

**23**  
10:00 - 11:00 Computer Lessons  
11:00 - 12:00 Kundalini Yoga  
1:30 - 3:30 WHALE IN - Art Class  
and Bingo/Pool Tournament  
4:00-8:00 Floor Hockey &

**30**  
10:00 - 11:00 Computer Lessons  
1:30 - 3:30 WHALE IN - Art Class  
& Bingo/Pool Tournament  
4:00 - 8:00 Floor Hockey  
& Dinner (\$3.00)

**10**  
9:30-12:00 WRAP  
1:00 Love, Sex Relationships  
1:00-3:00 Baking with Natalie  
2:00 - 3:30 Guitar Lessons

**17 ST. PATRICK'S DAY**  
10:00 - 11:00 Classical Stretches  
1:00-3:00 Baking with Natalie  
1:30-2:30 Meditation Group  
1:30 - 4:00pm  
Celebrate the Arts

**24**  
9:30 - 12:00 WRAP  
1:00 Love, Sex Relationships  
1:00 - 3:00 Baking with Natalie  
2:00 - 3:30 Guitar Lessons

**31**  
10:30 - 11:30 Classical Stretches  
1:00 - 3:00 Baking with Natalie  
1:00 Love, Sex & Relationships  
1:00 - 4:00pm  
Young Adults Group

**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, Resumé s 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?**  
Resumé s, 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 2017

# 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 2017 HIGHLIGHTS



**Surrey Art Gallery & Dinner:** Wednesday, March 1<sup>st</sup>, 4:00-8:00pm

**Whale House Concert:** Friday, March 3<sup>rd</sup>, 1:30-3:30pm



**Changing Negative Beliefs:** Tuesday, March 7<sup>th</sup>, 1:00-3:00pm



**Urban Wildlife Safari & Dinner:** Wednesday, March 8<sup>th</sup>, 4:00-8:00pm

**Love, Sex & Relationships:** Friday, March 10<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>, 1:00-3:30pm



**Say Goodbye to Anxiety Workshop:** Tuesday, March 14<sup>th</sup>, 1:00-2:00pm



**St. Patrick's Dinner:** Wednesday, March 15<sup>th</sup>, 4:00-8:00pm

**Celebrate the Arts:** Friday, March 17<sup>th</sup>, 1:30-4:00pm

**Appreciation Lunch:** Tuesday, March 21<sup>st</sup>, 12:00-1:30pm

**Money, Money... Workshop:** Tuesday, March 28<sup>th</sup>, 1:00-3:00pm



**Wellness Recovery Action Plan:** Starting on March 3<sup>rd</sup>