



SURREY CLUBHOUSE - The Roost

MAY, 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Janitorial Training 8:00 - 9:00 am Grocery Shopping 9:00am The Frame Shop Training 10:00 - 11:30 am Customer Framing 1:30 - 3:00pm Supported Work (EPI) 1:00 - 3:00pm WELLNESS with Udi @ NF 10:00 - 11:30am	2 Supported Work 9:30am - 3:00pm EMPLOYABILITY GROUP WORKSHOP: Interviewing/Cover Letter training <i>By Appointment</i> Painting Class 1:30 - 3:00pm WELLNESS BRUNCH for \$1.00 @ NF 11:00am - 12:00 pm	3 Supported Work 9:30 - 3:00pm Resumé Development <i>By Appointment</i> OTHER CLUBHOUSE PROGRAMS CLOSED RECOVERY SHARING TALK @ NF from 1:00 - 2:30pm	4 Janitorial Training 8:00 - 9:00 am Supported Work 9:30am - 3:00pm One on One Job Search <i>By Appointment.</i> Krafty Korner 1:30 - 3:00pm MENTAL HEALTH WALK Meet @ NF before start @ 10:00 - 11:30am	5 ROOST SITE CLOSED  ANNUAL Mental Health BBQ & Music Jam 11:00am - 1:00pm @ New Frontier Cost: Free!
* * * * * Mental Health Week * * * * *				
8 Janitorial Training 8:00 - 9:00 am Grocery Shopping 9:00am The Frame Shop Training 10:00 - 11:30 am Customer Framing 1:30 - 3:00pm Supported Work (EPI) 1:00 - 3:00pm Resumé Development <i>By Appointment</i>	9 Supported Work 9:30am - 3:00pm EMPLOYABILITY GROUP WORKSHOP: Computer basics and MS Word <i>By Appointment</i> Painting Class 1:30 - 3:00pm 	10 Supported Work 9:30 - 3:00pm  Resumé Development <i>By Appointment</i> OTHER CLUBHOUSE PROGRAMS CLOSED	11 Staff Meeting: 8:30 - 11:00am CLUBHOUSE OPEN @ 11:30am Today Supported Work 9:30am - 3:00pm  One on One Job Search <i>By Appointment.</i> Krafty Korner 1:30 - 3:00pm	12 Walk to Unwin Park 12:45-1:15pm Tea Time with Weekly Menu Planning 1:00pm Games 1:00-3:00pm
15 Janitorial Training 8:00 - 9:00 am Grocery Shopping 9:00am The Frame Shop Training 10:00 - 11:30 am Customer Framing 1:30 - 3:00pm Supported Work (EPI) 1:00 - 3:00pm	16 Supported Work 9:30am - 3:00pm EMPLOYABILITY GROUP WORKSHOP: Interviewing/Cover Letter training <i>By Appointment</i> Painting Class 1:30 - 3:00pm	17 Supported Work 9:30 - 3:00pm Resumé Development <i>By Appointment</i> OTHER CLUBHOUSE PROGRAMS CLOSED	18 Janitorial Training 8:00 - 9:00 am Supported Work 9:30am - 3:00pm One on One Job Search <i>By Appointment.</i> Krafty Korner 1:30 - 3:00pm	19 Walk to Unwin Park 12:45 - 1:15pm Tea Time with Weekly Menu Planning 1:15pm Games 1:00 - 3:00pm
22 CLOSED 	23 Supported Work 9:30am - 3:00pm EMPLOYABILITY GROUP WORKSHOP: Exploring Strengthens <i>By Appointment</i> Painting Class 1:30 - 3:00pm	24 Supported Work 9:30 - 3:00pm Resumé Development <i>By Appointment</i> OTHER CLUBHOUSE PROGRAMS CLOSED	25 Janitorial Training 8:00 - 9:00 am Supported Work 9:30am - 3:00pm One on One Job Search <i>By Appointment.</i> Krafty Korner 1:30 - 3:00pm	26 Walk to Unwin Park 12:45 - 1:15pm Tea Time with Weekly Menu Planning 1:00pm Games 1:00 - 3:00pm
29 Janitorial Training 8:00 - 9:00 am Grocery Shopping 9:00am The Frame Shop Training 10:00 - 11:30 am Customer Framing 1:30 - 3:00pm Supported Work (EPI) 1:00 - 3:00pm	30 Supported Work 9:30am - 3:00pm EMPLOYABILITY GROUP WORKSHOP: Job search tools <i>By Appointment</i> Painting Class 1:30 - 3:00pm	31 Supported Work 9:30 - 3:00pm Resumé Development <i>By Appointment</i> OTHER CLUBHOUSE PROGRAMS CLOSED	As part of MH WEEK: CLUBHOUSE ARTISTS ART EXHIBIT & SALE @ Newton Cultural Centre 13530 72 Ave. Artist Reception: Sat, May 13th 1:00 - 3:00pm Free Admission!	PRACTICING SKILLS: <i>(Daily 10:00am - 3:00pm)</i> <ul style="list-style-type: none"> * Cooking * Cleaning * Communication Skills * Social Skills, Building * Relationships, etc.

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

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
~ Maya Angelou

Surrey Clubhouse – The Roost

MAY

13582 - 68 Avenue

604.597.8610

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

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 client's preferences and needs, rather than the job market.*

REMINDERS

*Clubhouse OPEN @ 10:30 am, Thurs, May 11th due to Staff Mtg.

* Mother's Day is Sunday, May 14th.

HIGHLIGHTS

MENTAL HEALTH WEEK MAY 1-7:

- * **ART SHOW & Sale @ Newton Cultural Ctr Gallery:** 13530 72 Ave. **MAY 1-31ST**. **artists' reception:** SAT., MAY 13 @1-3pm.
- * **RECOVERY SHARING TALK: WED, MAY 3RD**, 1:00-2:30am @ NEW FRONTIER.
- * **Walk for mental health: THURS, MAY 4TH**, 10:00-11:30am. MEET @ NF.
- * **Annual MENTAL HEALTH BBQ: FRI, MAY 5TH** AT NEW FRONTIER 11:00am-1:00pm. **COST: FREE!**
- * **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 exploring your own spiritual beliefs to cope with stressors and challenges in mental health.