

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 Model-
ling 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 work-
shops and activities
requested by members.*

EMPLOYMENT
See Back Page

Mon

1 Mental Health Week
10:30 - 11:30 Gentle Yoga
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

8
10:30 - 11:30 Gentle Yoga
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


15
10:30 - 11:30 Gentle Yoga
1:00 - 1:30 Menu Planning
1:30 - 2:30 Grocery Shopping
1:00 - Walking Group
1:30 - 3:30 Jewelry class
2:00 - 3:30 Guitar Lessons
3:00 - 3:30 Computer Classes

22

Whale House Closed




VICTORIA DAY

29 Birthday Bash 

10:30 - 11:30 Gentle Yoga
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

Tue

2 Mental Health Week
10:30 - 11:30 Exercise Group
10:30 - 11:30 *Artist Workshop*
12:00 Feed your Brain Lunch
1:30 - 3:30 Car Modeling
4:00 - 8:00 Dinner and
Bowling (\$5.00) 
****Menu Planning****

9
10:30 - 11:30 Exercise Group
10:30 - 11:30 *Artist Workshop*
2:00-3:00 Tools for Recovery
1:30 - 3:30 Car Modeling
4:00 - 8:00 Dinner and
Bowling (\$5.00) 
****Menu Planning****

16
10:30 - 11:30 Exercise Group
10:30 - 11:30 *Artist Workshop*
1:30-2:30 Hypnotherapy Workshop
1:30 - 3:30 Car Modeling
4:00 - 8:00 Dinner and
Bowling (\$5.00) 

23
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) 

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

Wed

3 Mental Health Week
10:00-11:30 Gardening Crew
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:
Wellness Night & Dinner


10
10:00-11:30 Gardening Crew
10:30 - 11:30 Classical Stretches
10:00 - 11:00 Resume and
Computer Lessons
1:00pm - 3:00 Walmart
4:00 - 8:00 Alive Group:
In house Movie, Dinner and DQ


17
10:00-11:30 Gardening Crew
10:30 - 11:30 Classical Stretches
10:00 - 11:00 Resume and
Computer Lessons
12:30pm - 3:30 Tsawwassen Mills
4:00 - 8:00 Alive Group:
Indoor Rock climbing & Dinner

24 **PAY DAY**
10:00-11:30 Gardening Crew
10:30 - 11:30 Classical Stretches
10:00 - 11:00 Resume and
Computer Lessons
1:00pm - 3:00 Willobrook Mall
4:00 - 8:00 Alive Group:
\$\$ Restaurant Outing \$\$

31
10:00-11:30 Gardening Crew
10:00 - 11:00 Resume and
Computer Lessons
1:00pm - 3:00 Walmart
4:00 - 8:00 Alive Group:
All you can eat Indian Food


Thu

4 Mental Health Week
10:00 - 11:00 Computer Lessons
12:00 Healthy Lunch
1:30 - 3:30 *Whale In:* Art Class and
Bingo/Pool Tournament
3:00 - 8:00- Swim & Gym 
****Menu Planning****

11
10:00 - 11:00 Computer Lessons
11:00 **Kundalini Yoga**
1:30 - 3:30 *Whale In:* Art Class and
Bingo/Pool Tournament
3:00 - 8:00- Football & Dinner 

18
10:00 - 11:00 Computer Lessons
1:30 - 3:30 *Whale In*
Art Class & Bingo/Pool Tournament
3:00 - 8:00: Baseball & Dinner (\$3.00) 


25
10:00 - 11:00 Computer Lessons
11:00 - 12:00 **Kundalini Yoga**
1:30 - 3:30 *Whale In* - Art Class
and Bingo/Pool Tournament
3:00 - 8:00: Baseball & Dinner (\$3.00) 



Fri

5 Mental Health Week
10:00-2:00 Annual Mental Health BBQ
Surrey North Clubhouse
Whale House will be closed @ 10:00 am

12
10:00 - 11:00 Classical Stretches
1:00 - 3:00 Baking with Natalie
1:30 - 3:30 Mothers Day Card making
2:00-3:30 Guitar Lessons 

19
10:00 - 11:00 Classical Stretches
1:00 - 3:00 Baking with Natalie
1:30 - 3:30 Art Therapy
2:00-3:30 Guitar Lessons  

26
10:30 - 11:30 Exercise Group
1:00 - 3:00 Baking with Natalie
1:00 - 4:00 Young Adult Group
2:00 - 3:30 Guitar Lessons 

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 integrate 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

- ◆ **May 24th**
4:00 pm - 8:00pm
- ◆ **May 26th**
1:00 pm - 4:00pm
- ◆ **Thursday evenings sports**
4:00pm - 8:00pm

Please contact Whale House for more information.



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

Gardening Crew Starting this Month!!

"Feed your Brain Lunch" Tuesday, May 2nd 12:00pm

Wellness Night Wednesday, May 3rd 4:00-8:00pm

Annual Mental Health BBQ Friday May 5th 11:00-2:00pm

Tools for Recovery Tuesday May 9th 2:00-3:00pm

Hypnotherapy Workshop Tuesday May 16th 1:30-2:30pm

Indoor Rock Climbing & Dinner Wednesday May 17th 4:00-8:00pm

Money, Money Workshop Tuesday May 23rd 1:00-3:00pm

Mindfulness Workshop Tuesday May 30th 1:00-3:00pm

May Schedule 2017