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<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> August</p>	<p>1 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>2 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 4:00 - 8:00 Alive Group: White Pine Beach (Swimming)</p>	<p>3 10:00 - 11:00 Computer Lessons 1:30 - 3:30 <i>Whale In</i> - Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner & Softball Whale House vs. New View (Home Game)</p> 	<p>4 10:30 - 11:30 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>  	<p>Recovery Support Training</p> <p>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.</p> <p>W.R.A.P</p> <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.</p> <p>Young Adults</p> <p>Offers a variety of social, recreational activities out in the community. This program provides opportunities to learn new skills and inter-grade back into the community and meet new friends (Y.A from the age of 19-29)</p> <p>Cultural Events</p> <p><i>Promoting diversity through food discussion sessions. Planned outings in the community, Buddhist temples, and Hindu temples in the area.</i></p> <p><i>Member's Meeting On Request</i></p> 
	<p>7 B.C Day Whale House Closed</p> 	<p>8 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>9 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: Driving Range (Golf)</p>	<p>10 10:00 - 11:00 Computer Lessons 1:30 - 3:30 <i>Whale In</i> - Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner & Softball Whale House vs. Stepping Stone (Away Game)</p> 	<p>11 10:00 - 4:00 Science World 10:30 - 11:30 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>  	
	<p>14 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 Jewelry Class 2:00 - 3:00 Guitar Lessons 3:00 - 3:30 Computer Lessons</p>	<p>15 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>16 11:00 - 2:00pm Inter Club House Picnic 4:00 - 8:00 Alive Group: Batting Cages (Softball City)/ Blueberry Picking</p>	<p>17 10:00 - 11:00 Computer Lessons 1:30 - 3:30 <i>Whale In</i> - Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner and Touch Football</p> 	<p>18 10:30 - 11:30 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>  	
	<p>21 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 Jewelry Class 2:00 - 3:00 Guitar Lessons</p>	<p>22 10:30 - 11:30 Exercise Group 10:30 - 11:30 <i>Artist Workshop</i> 1:00 - 2:30 7 Steps to Employment 1:30 - 3:30: Car Modeling 4:00 - 8:00 Dinner and Bowling (\$5.00)</p> 	<p>23 **Pay Day** 10:00 - 11:30 Gardening and Computer Lessons 10:30 - 11:30 Classical Stretches 1:00 - 3:00 Willowbrook Mall 6:00 - 9:00 Hawaiian Dance</p> 	<p>24 10:00 - 11:00 Computer Lessons 1:30 - 3:30 <i>Whale In</i> - Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner & Softball Whale house vs. New Leaf (Home Game)</p> 	<p>25 10:30 - 11:30 Classical Stretches 1:00 - 3:00 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>  	
	<p>28 BIRTHDAY BASH! 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 Jewelry Class 2:00 - 3:00 Guitar Lessons</p>	<p>29 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>30 10:00 - 11:30: Gardening Crew 10:30 - 11:30: Classical Stretching 10:00 - 11:00 Computer Lessons 1:00 - 3:00 Walmart 5:00 - 8:00 Alive Group: Restaurant Outing \$\$\$</p>	<p>31 10:00 - 11:00 Computer Lessons 1:30 - 3:30 <i>Whale In</i> - Art Class and Bingo/Pool Tournament 4:00 - 8:00 Dinner & Softball Whale house vs. Surrey North (Away Game)</p> 		

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 do 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.



August Schedule 2017



15877 Pacific Avenue

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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

AUGUST 2017 HIGHLIGHTS

Science World: Friday, August 11th 10:00am-4:00pm

Inter-Clubhouse Picnic: Wednesday, August 16th 11:00am-2:00pm

 Dinner and Touch Football: Thursday, August 17th 4:00pm-8:00pm

7 Steps to Employment: Tuesday, August 22nd 1:00pm-2:00pm

Hawaiian Dance: Wednesday, August 23th 6:00pm-9:00pm



Baking Class

Dinner and Bowling



Guitar Lessons

Baseball Games

