

Monday

Tuesday

Wednesday

Thursday

Friday



<p><b>5</b></p> <p><b>CLOSED FOR EASTER MONDAY</b></p>	<p><b>6</b></p> <p><b>10:45-11:30</b> Women's Group</p> <p><b>10:00-Noon</b> Tech Support with Lorne</p> <p><b>1:00-4:00:</b> WRAP</p>	<p><b>7</b></p> <p><b>10:00-10:30:</b> Morning Stretch</p> <p><b>1:00-2:00:</b> Prize Bingo</p> <p><b>2:30-3:15:</b> Hearing Voices</p>	<p><b>8</b></p> <p><b>10:30-11:30</b> Financial Support Group</p> <p><b>1:00-2:00:</b> Members Munchies</p> <p><b>1:00-4:00:</b> WRAP</p>	<p><b>9</b></p> <p><b>CLOSED FOR GOOD FRIDAY</b></p> <p><b>1:00-2:00</b> Members Munchies</p>
<p><b>12</b></p> <p><b>11:00-Noon</b> Community Walk New West School Oval</p> <p><b>1:30-3:00</b> Virtual Painting Sessions</p> <p><b>2:30-3:15</b> Coffee &amp; Conversation</p>	<p><b>13</b></p> <p><b>10:45-11:30</b> Men's Group</p> <p><b>10:00-Noon</b> Tech Support with Lorne</p> <p><b>1:00-4:00:</b> WRAP</p>	<p><b>14</b></p> <p><b>10:00-10:30:</b> Morning Stretch</p> <p><b>1:00-2:00:</b> Moving Forward With Steve</p> <p><b>2:30-3:15:</b> Hearing Voices</p>	<p><b>15</b></p> <p><b>10:30-11:15</b> Financial Support Group</p> <p><b>1:00-4:00:</b> WRAP</p>	<p><b>16</b></p> <p><b>1:00-2:00</b> Members Munchies</p>
<p><b>19</b></p> <p><b>11:00-Noon</b> Community Walk New West School Oval</p> <p><b>1:30-3:00</b> Virtual Painting Sessions</p> <p><b>2:30-3:15</b> Coffee &amp; Conversation</p>	<p><b>20</b></p> <p><b>10:45-11:30</b> Women's Group</p> <p><b>10:00-Noon</b> Tech Support with Lorne</p> <p><b>1:00-4:00:</b> WRAP</p>	<p><b>21</b></p> <p><b>10:00-10:30:</b> Morning Stretch</p> <p><b>1:00-2:00:</b> Prize Bingo</p> <p><b>2:30-3:15:</b> Hearing Voices</p>	<p><b>22</b></p> <p><b>10:30-11:30</b> Arts &amp; Crafts for All</p> <p><b>1:00-4:00:</b> WRAP</p>	<p><b>23</b></p> <p><b>1:00-2:00</b> Members Munchies</p>
<p><b>26</b></p> <p><b>11:00-Noon</b> Community Walk New West School Oval</p> <p><b>2:30-3:15</b> Coffee &amp; Conversation</p>	<p><b>27</b></p> <p><b>10:45-11:30</b> Men's Group</p> <p><b>10:00-Noon</b> Tech Support with Lorne</p>	<p><b>28</b></p> <p><b>10:00-10:30:</b> Morning Stretch</p> <p><b>2:30-3:15:</b> Hearing Voices</p>	<p><b>29</b></p> <p><b>1:00-2:00:</b> Moving Forward with Steve</p>	<p><b>30</b></p> <p><b>1:00-2:00</b> Members Munchies</p>

## PROGRAM HIGHLIGHTS

### DUE TO COVID MASKS ARE MANDATORY--NO FOOD OR DRINK ALLOWED DURING PROGRAMS

“MUST CALL TO GET YOUR NAME ON THE LIST AS SPACE IS LIMITED TO SIX MEMBERS FOR ALL PROGRAMS”

PH: 604-526-1007

- ✦ **CLOSED:** April 2 for Good Friday and April 5<sup>th</sup> for Easter Monday
- ✦ **Free Painting Sessions:** This 8 session group will be held 2 times a month. Monday, April 12 & 19 & from 1:30-3:00pm. Offered virtually or can attend by Zoom at New Leaf. Must be at New Leaf no later than 1:15.
- ✦ **WRAP:** Wellness Recovery Action Plan. Tuesday, April 6, 13 & 20 and Thursday, 8, 15, 22 from 1:00-4:00pm
- ✦ **Community Walk:** A little exercise never hurt anyone!! Enjoy a few laps around the NW Secondary School. Mondays from 11:00-Noon
- ✦ **Coffee & Conversation:** Conversation with other members and new friends. Every Monday in April from 2:20-3:15
- ✦ **Women's Group:** Join other women for some light conversation and/or crafts. Tuesday, April 6 & 20 from 10:45-11:30
- ✦ **Men's Group:** Join other men for conversation, games or crafts. Tuesday, April 13 & 27 from 10:45-11:30
- ✦ **Tech Support with Lorne:** Learn how to access programs or improve your computer skills. Every Tuesday between 10:00am and Noon. Phone 604-526-1007 or email [computercomfort@gmail.com](mailto:computercomfort@gmail.com) to set up an appointment or speak with Lorne.
- ✦ **In House Morning Stretch:** Every Wednesday from 10:00-10:45am.
- ✦ **Virtual Yoga:** This class shows you how to relieve stress and anxiety. Wed from 1-2pm. Contact Ashly 236-332-4936 for link to join.
- ✦ **Financial Support Group:** These groups provides information related to various financial supports. April 1 & 15 from 10:30-11:15am.
- ✦ **Arts & Crafts for All:** Crafting for all members Thursday, April 8 & 22 from 10:30-11:30
- ✦ **Moving Forward with Steve:** Discuss how to move forward during this pandemic. Wed. April 14, 1-2pm & Thurs, April 29, 10:30-11:15 am
- ✦ **In-House Bingo:** Wednesday, April 7 & 21 from 1:00-2:00
- ✦ **Members Munchies:** Friday, April 9, 16, 23, & 30 from 1:00-2:00pm.
- ✦ **One to One Support:** If you need to use computers, employment help or any type of support call clubhouse to make an appointment.

**Referral Intakes:** Every Tuesday & Thursdays from 10:00am to 1:00pm. Call Anne at 604-526-1007 to make an appointment.

**New Leaf will give as much notice as possible if there are any changes to the program calendar.**