


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10-11am: Mental Health Awareness Walk</p> <p>2:30-3:15: Leisure Wellness & Coping With Ashley</p>	<p>2</p> <p>10:45-11:30: Men's Group</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	<p>3</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:30: Hearing Voices</p>	<p>4</p> <p>10-10:30: Morning Meeting</p> <p>10:45-11:30: Beyond Differences (History of the British Monarchy)</p> <p>1:00-2:00: Prize Bingo</p>	<p>5</p> <p>10:00-11:00: Culinary Skills (Chicken & Cheese Wrap)</p> <p>1:00-2:00: Members Munchies</p>
<p>8</p> <p>10:00-Noon: Computer Basics</p> <p>10:30-11:30: Community Walk</p> <p>1:00-2:00: Prize Bingo</p>	<p>9</p> <p>10:45-11:30: Women's Group (Decorating plant pots)</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>6:30pm: MH Comedy Show</p> <p>7-9pm: BPD Support Group</p>	<p>10</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:30: Hearing Voices</p>	<p>11</p> <p>10-10:30: Morning Meeting</p> <p>10:45-11:30: Resume Workshop with Dan</p> <p>1:00-2:00: Painting with Marc</p>	<p>12</p> <p>10:00-11:00: Culinary Skills (One Pan Cajun Orzo with Sausage)</p> <p>1:00-2:00: Members Munchies</p>
<p>15</p> <p>10:00-Noon: Computer Basics</p> <p>10:30-11:30: Community Walk</p> <p>2:30-3:15: Leisure Wellness & Coping With Ashley</p>	<p>16</p> <p>10:45-11:30: Men's Group</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	<p>17</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:30: Hearing Voices</p>	<p>18</p> <p>10-10:30: Morning Meeting</p> <p>10:45-11:30: Beyond Differences (British Tea & Crumpets)</p> <p>1:00-2:00: Prize Bingo</p>	<p>19</p> <p>10:00-11:00: Culinary Skills (Easy Chicken Noodle Soup)</p> <p>1:00-2:00: Members Munchies</p>
<p>22</p> <p>CLOSED FOR VICTORIA DAY</p>	<p>23</p> <p>10:45-11:30: Women's Group (Planting Seeds in your pot)</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	<p>24</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:30: Hearing Voices</p>	<p>25</p> <p>10-10:30: Morning Meeting</p> <p>10:45-11:30: Safe Dating Workshop</p> <p>1:00-2:00: Painting with Marc</p>	<p>26</p> <p>10:00-11:00: Culinary Skills (Veggie Chow Mein)</p> <p>1:00-2:00: Members Munchies</p>
<p>29</p> <p>10:00-Noon: Computer Basics</p> <p>10:30-11:30: Community Walk</p> <p>2:30-3:15: Leisure Wellness & Coping With Ashley</p>	<p>30</p> <p>CLOSED FOR VISIT TO VANCOUVER ZOO</p> <p>18 SPACES AVAILABLE SIGN UP EARLY</p>	<p>31</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:30: Hearing Voices</p>	 <p>NEW LEAF CLUBHOUSE 1115- 6TH Avenue, New Westminster, BC</p> <p>May 2023</p> <p>Ph: 604-526-1007 Fax: 604-526-1008</p>	

PROGRAM HIGHLIGHTS

Stand Up for Mental Health Comedy Show: **May 9th from 7-9:30pm. Sign up early as space is limited.**

Closed May 22 for Victoria Day

Closed May 30 for Vancouver Zoo Visit: **Sign up early as space is limited.**

Leisure Wellness & Coping: Come and learn how leisure can benefit you in your life, create meaning, bring you enjoyment & improve your coping skills.

Borderline Personality Disorder Group: Every Tuesday from 7:00-9:00pm. Learn new coping skills and strategizing methods from a group of peers.

Coffee & Conversation: Bring your ideas for conversation topics and enjoy a drink over a variety of member led conversations.

Computer Basics: This program teaches basic to advanced computer skills on a one to one basis. Phone NL @ 604-526-1007 to set up an appointment.

Culinary Skills: Learn how to prepare nutritious & affordable meal. What you cook is yours to take home.

Guitar lessons with Kelly: These lessons start with the basics and gradually enhance your playing skills.

Hearing Voices: A support group for anyone who hears or has heard voices, or experienced other unusual sensory phenomenon. You can talk about it in this non-judgmental, stigma free, supportive, and confidential program.

Karaoke with Peter: Join us for an hour of singing and harmonizing

Men's Group: This group offers a variety of activities that teach health strategies and conversations while meeting new people and making friends.

Morning Stretch: Start your day with a gentle stretch that help get the circulation going and relieve stiffness.

Morning Meeting: Members & Staff check in and job assignments for the day. Perfect way to learn life skills.

Members Munchies Food Bank: This food bank is for members only. It is perfect to attend if you are running low on groceries.

Painting with Marc: This program offers a variety of styles & mediums of painting for beginners to advanced artists. Supplies provided.

Prize Bingo: Take time out of your day to enjoy a game of Bingo. You may win a prize and it is free!

Resume Writing with Dan: Create or update your resume to prepare for any employment opportunity

Safe Dating: Workshop is designed to keep yourself safe when you are ready to start dating. On line dating tips, meeting up with new people.

Women's Group: This group offers a variety of activities that teach health strategies and conversations while meeting new people and making friends.