

Monday	Tuesday	Wednesday	Thursday	Friday
NEW LEAF CLUBHOUSE 1115-6 TH Avenue, New Westminster, BC V3M 2B7 Ph: 604-526-1007 Fax: 604-526-1007 E-mail: anew@fraserside.bc.ca	10-10:30: Morning Meeting 1 10:45-11:30: Men's Group 2:30-3:15: Coffee/Conversation 7-9pm: Borderline Personality Support Group	9:30-10:00: Morning Stretch 2 10:00-10:30: Morning Meeting 10:30-11:30: Guitar Lessons with Kelly 2:30-3:15: Hearing Voices Group	10-10:30: Morning Meeting 3 10:45-11:30: Beyond Boundaries (Latin American Culture) 1:00-2:00: Painting with Marc	10:00-11:00: Culinary Skills (Lo-Mein Noodles) 1:00-2:00: Members Munchies
10-10:30: Morning Meeting 7 10:00-Noon: Computer Basics 1:30-2:30: Prize Bingo	10-10:30: Morning Meeting 8 10:45-11:30: Women's Group 2:30-3:15: Coffee/Conversation 7-9pm: Borderline Personality Support Group	9:30-10:00: Morning Stretch 9 10:00-10:30: Morning Meeting 10:30-11:30: Guitar Lessons with Kelly 2:30-3:15: Hearing Voices Group	10-10:30: Morning Meeting N10 10:45-11:30: Arts & Crafts (Thumbprint Holiday Cards) Noon: Pizza Lunch followed Movie & Popcorn	CLOSED FOR REMEMBRANCE DAY
10-10:30: Morning Meeting 14 10:00-Noon: Computer Basics 1:00- 2:00: Volunteer Information Workshop	10-10:30: Morning Meeting 15 10:45-11:30: Men's Group 2:30-3:15: Coffee/Conversation 3:30: Vancouver Art Gallery 7-9pm: Borderline Personality Support Group	9:30-10:00: Morning Stretch 16 10:00-10:30: Morning Meeting 10:30-11:30: Guitar Lessons with Kelly 2:30-3:15: Hearing Voices Group	10-10:30: Morning Meeting 17 10:45-11:30: Beyond Boundaries (Latin American) Lunch at 11:15-Noon CLOSED AT NOON FOR ADMINISTRATION MEETING	10:00-11:00: Culinary Skills (Crepes) 1:00-2:00: Members Munchies
10-10:30: Morning Meeting 21 10:00-Noon: Computer Basics 1:30-2:30: Prize Bingo	10-10:30: Morning Meeting 22 10:45-11:30: Women's Group 2:30-3:15: Coffee/Conversation 7-9pm: Borderline Personality Support Group	9:30-10:00: Morning Stretch 23 10:00-10:30: Morning Meeting 10:30-11:30: Guitar Lessons with Kelly 2:30-3:15: Hearing Voices Group	10-10:30: Morning Meeting 24 10:45-11:30: Arts & Crafts (Christmas Wreath) 1:00-2:00: Painting with Marc	10:00-11:00: Culinary Skills (Creamy Pasta) 1:00-2:00: Members Munchies
10-10:30: Morning Meeting 28 10:00-Noon: Computer Basics 2:30-3:30: Community Connections	10-10:30: Morning Meeting 29 10:45-11:30: Men's Group 2:30-3:15: Coffee/Conversation 7-9pm: Borderline Personality Support Group	9:30-10:00: Morning Stretch 30 10:00-10:30: Morning Meeting 10:30-11:30: Guitar Lessons with Kelly 2:30-3:15: Hearing Voices Group		

BORDERLINE PERSONALITY DISORDER GROUP: Every Tuesday from 7:00-9:00PM

PROGRAM HIGHLIGHTS

Closed November 11 for Remembrance Day -----Closed at NOON on November 17 for Fraserside Meeting

Arts & Crafts: This group offers a variety of different projects that can be taken home at the end of each session. If you have ideas for projects bring them forward during the group.

Beyond Differences: Expand your cultural world view. Learn about other country cultural customs, food, music, storytelling and discussion.

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

Community Walk: Start your day with a breath of fresh air. Join us at NW Secondary Oval for a casual but beneficial walk to improve body circulation.

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. Space is limited to 5 people per session.

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.

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.

One to One Support: If you are in need of one to one conversation with staff please call to set up an appointment.

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!

Community Connection: This group explores the resources and supports for various needs.

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

Tuesday November 15: VACOUPER ART GALLERY. LEAVING NEW LEAF AT 3:00PM

Thursday, November 10: PIZZA LUNCH AND MOVIE