Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED SEPT. 7th for: Labor Day 30th for: Truth And Reconciliation	**1** 10:00-10:30: Morning Meet 10:45: Men's Group 1:00-2:00: Karaoke with Peter 2:30-3:30: Coffee and Convers 7:00-9:00: BPD Group	**2** 10:00: Morning Meeting 10:30-11:30: Guitar Lessons 1:00-2:00: Art Circle **(Decorate Welcome Wall for Fall)** 2:30-3:30: Hearing Voices	10:00: Morning Meeting **3** **BURNABY VILLAGE OUTING** **VAN LEAVING AT 12:45** 1:00: Prize Bingo	**4** 10:00-10:30: Morning Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies
CLOSED FOR **7** 	**8** **CLOSED FOR FH CLUBHOUSE IN PERSON MEETING**	**9** **INTERCLUBHOUSE PICNIC at MOODY PARK** **$6.00** **VAN LEAVING AT 10:00AM SHARP**	**10** 10:00: Morning Meeting 10:30: Morning Stretch 1:00: Yahtzee Tournament (Round 1) 2:00pm: Young Adults Group	**11** 10:00-10:30: Morning Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies
14 **CLOSED FOR STEVESTON TRIP** **(Sign up early space is limited $6.00 for lunch)** **Van leaves at 11:00am**	**15** 10:00-10:30: Morning Meet 10:45: Men's Group 1:00-2:00: Karaoke with Peter 2:30-3:30: Coffee and Convers 7:00-9:00: BPD Group	10:00: Morning Meeting **16** 10:30-11:30: Guitar Lessons 1:00-2:00: Art Circle **(Canvas Painting with Acrylic)** 2:30-3:30: Hearing Voices	**17** 10:00: Morning Meeting 10:30: Morning Stretch 1:00: Prize Bingo 2:00pm: Young Adults Group	**18** 10:00-10:30: Morning Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies
21 10:00-10:30: Morning Meeting **10:30: Truth & Reconciliation In-Service** **CLOSED AT 1:00PM FOR FRASER HEALTH IN-SERVICE**	**22** 10:00-10:30: Morning Meet 10:45: Women's Group **(Nail Care Spa)** 1:00-2:00: Karaoke with Peter 2:30-3:30: Coffee and Convers 7:00-9:00: BPD Group	10:00: Morning Meeting **23** 10:30-11:30: Guitar Lessons 1:00-2:00: Art Circle **(Indigenous Fridge Magnets)** 2:30-3:30: Hearing Voices	**24** 10:00: Morning Meeting 10:30: Morning Stretch 1:00: Yahtzee Tournament (Final Round-Prize Given) 2:00pm: Young Adults Group	**25** 10:00-10:30: Morning Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies
28 10:00-10:30: Morning Meeting **1:00pm: In-House Movie (Indigenous Themed)**	**29** 10:00-10:30: Morning Meet 10:45: Men's Group 1:00-2:00: Karaoke with Peter 2:30-3:30: Coffee and Convers 7:00-9:00: BPD Group	**CLOSED FOR** **30** 	**September 2026** **NEW LEAF CLUBHOUSE** **1115-6th Avenue** **New Westminster, BC** **V3M 2B7**	

PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE

REMINDER: NEW LEAF OPEN FOR SATURDAY SOCIAL FROM 11:00am-2:00pm

One to Ones Session: Call New Leaf to set up an appointment for one-to-one conversations.

Employment Opportunities: ***One-to-one sessions daily. Please make an appointment to discuss your employment goals. 604-526-1007***

CLUBHOUSE CLOSED: September 7th for Labor Day
CLUBHOUSE CLOSED: September 8th for Fraser Health Clubhouse meeting in Maple Ridge
CLUBHOUSE CLOSED: September 9th for Inter-Clubhouse Picnic Cost: $6.00
CLUBHOUSE CLOSED: September 14 for Steveston Outing. $6.00 bag lunch available
CLUBHOUSE CLOSED AT 1:00pm: September 21st for Fraser Health In-Service
CLUBHOUSE CLOSED: September 30 for Truth & Reconciliation Day

Art Circle: Join us by doing a variety of art projects and good conversations

Borderline Personality Disorder Group: Every second Monday from 7:00-9:00pm. Learn new coping skills with a group of peers.

Board Games with Malcolm: Join in for a friendly game or a friendly competitive game. Every Monday at 1:00pm.

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

Guitar lessons: 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 another unusual sensory phenomenon.

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

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

Members Morning Meeting: Join us for our daily check-in and job assignments.

Men's Group: Join in for a variety of activities that are created for men. Every second Tuesday at 10:45am

Morning Stretch: Join our Morning Stretch every Thursday at 10:30

Smoking Cessation with Brian: Trying to quit smoking or vaping. Join this peer run group to learn tips, strategies and have support

Women's Group: The workshops are to support wellness, stress management, self-awareness, and personal growth in a supportive community setting.

Yahtzee Tournament: Sept 10 & 24. Second round determines the winner. Must attend both rounds