

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:00 Morning Meeting 10:00 House Meeting Sept. 9 10:30 Pre-Employment 11:00 Menu Planning Sept. 9, 23	9:30 Morning Stretch 10:00 Morning Meeting 10:30 Pre-Employment 11:00 Basic Computer Skills 11:00 Men's Group Sept. 3, 17 11:00 Naloxone Training	9:30 Morning Stretch 10:00 Morning Meeting 10:30 Pre-Employment 11:00 Basic Computer Skills	9:30 Morning Stretch 10:00 Morning Meeting 10:30 Pre-Employment 10:30 Meditation 11:00 Basic Computer Skills	9:30 Morning Stretch 10:00 Morning Meeting 10:30 Pre-Employment 12:00 Member Munchies Sept. 6	Saturday Social 10:00 to 2:00
Noon to 1 pm Lunch 1:00 Transitional Employment 1:00: Community Walk 1:00 Grocery/Snack Bar Shop 2:00 1-1 Employment Support	Noon to 1 pm Lunch 1:00 Transitional Employment 1:00 Women's Group Sept.10, 24 2:00 Housing Search Sept. 17 2:00 Karaoke with Peter 2:00 1-1 Employment Support 7-9 pm: Borderline Personality Disorder group every Tuesday	Noon to 1 pm Lunch 1:00 Transitional Employment 1:00 Outings see back page for details. 1:00 In House Activity 2:00 1-1 Employment Support 2:00 Member Munchies Sept. 4, 11, 18, & 25	Noon to 1 pm Lunch 1:00 Transitional Employment 2:00 1-1 Employment Support 2:30 Concurrent Disorder Group	Noon to 1 pm Lunch 1:00 Transitional Employment 1:00 Member Munchies Sept. 13, 20, & 27 2:00 1-1 Employment Support	

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PROGRAM DETAILS

- **Morning Meeting:** A chance for you to meet and get to know New Leaf members, get informed on clubhouse programming, and opportunities to build skills by participating in clubhouse maintenance/upkeep or food preparation. Check out latest job postings and housing postings in media section. Every day at 10:00am.
- **Morning Stretches:** This is a great way to start your day, increase your range of motion, gain more flexibility and improve your movement. 9:30 every morning.
- **Pre-Employment:** Need help with resume/cover letters, mock interviews, supported job search, career exploration, & basic computer skills every day at 10:30 with Dan.
- **Transitional Employment:** Learn employment skills with Dan O. See back page for topics and dates.
- **1 to 1 employment support:** Make an appointment with Dan for one to one assistance with employment, volunteering or education. Every day at 2:00pm.
- **Community Walk:** Every Monday at 1:00pm. Explore the city you live in
- **Grocery Shopping:** Help shop for clubhouse or yourself. Monday at 1pm
- **Menu Planning:** September 9, 23 at 10:30 am. New ideas always needed for lunches.
- **Women's Group:** Share or discuss over coffee issues that only women can relate. Tuesday September 10, 24 at 1pm
- **Basic Computer Skills:** Learn how to use internet, email, face book, excel, and job search & career exploration. Tuesday's, Wednesday's and Thursday's at 11 am.
- **Men's Group:** This is for clubhouse males only! Have healthy discussions over coffee on things that interest you as a male. Tuesday September 3, 17 at 11 am.
- **Karaoke with Peter:** Show your singing talents every Tuesday at 2:00pm.
- **Housing Search:** Are you not happy in your current home? Need to learn landlord tenancy rules? New Leaf staff can provide help in these areas. Tuesday September 17 at 2pm.
- **In House Activity:** Arts/Crafts TBA. Wednesday's at 1pm.
- **Meditation Group:** Learn deep breathing & stress relief techniques for physical, mental, emotional, and spiritual wellness. Thursday's at 10:30am.

NEW LEAF CLUBHOUSE OUTINGS and SPECIAL EVENTS

- **Clubhouse Closed:** Monday September 2 for Labour Day.
- **Clubhouse Closed:** Tuesday, September 3 for Administration Day
- **Richmond Sunflower Festival. Hayride and Maze.** Wednesday September 4. Van leaves at 10:30. Bag lunch available to purchase. Cost: \$3.00
- **Member Munchies:** Wednesday September 4, 11, 18, & 25 at 2:00pm
- **Inter-Clubhouse Baseball Tournament:** Thursday September 5. Clubhouse closed. Wear green and cheer on the team. Van leaves at 8:30am.
- **Subway Lunch:** Friday September 6 at 11:30am. Cost \$3.00
- **Member Munchies:** Friday September 6 at 12 o'clock noon.
- **Clubhouse Closed:** Friday September 6 at 12:45pm for administration.
- **Naloxone Training:** Tuesday September 10 at 11 am.
- **Airport Outing:** Wednesday September 11. Van leaves at 10:30. Bag lunch available to purchase.
- **Member Munchies:** Friday September 13, 20, & 27 at 1pm
- **Inter Clubhouse BBQ Outing:** Wednesday September 18. Cost \$ 3.00. Van leaves at 11 am.
- **Dance preparation:** September 25
- **Light up the Night Dance:** Thursday September 26 from 5-9pm. \$2.00 cover charge. Food available for purchase.
- **RST: SEPTEMBER 10, 13, 17, 20. 24. 27—OCTOBER 1, 4, 8 & 11. Tuesdays & Fridays from 1:00-4:00pm**



TRANSITIONAL EMPLOYMENT TOPICS at 1pm

Resume/Cover Letter Writing: Every day at 10:30

Office Etiquette: Sept 4, Sept 26

Starting a New Job: Sept 5, Sept. 30

Self Esteem and Self Care: Sept. 9,

Conflict Resolutions: Sept. 11,

Skills for Success: Sept. 12,

Mock Interviews: Every day at 10:30am

Supported Job Search: Every day at 10:30

Learning from mistakes: Sept. 16

Dress for Success: Aug. 13, Sept 18

Community Resources: Sept. 19

Coping with everyday life: Sept. 23

Workplace Expectations: Sept. 24

Know Your Rights as a Worker: Sept. 25