

Featured Programs

As well as many more...

Pitch-in-Kitchen - Program Lead: Sandra (Ext. 201)

Build confidence and explore your talents in the kitchen; help with food preparation, cooking, or clean-up, all within a positive community environment.

50+ Forever Young - Program Lead: Diana (Ext. 124)

Adults, ages 50+, explore the community together – visiting community centres, going for walks, as well as going shopping on the last Monday of each month.

Young Adults Night - Program Lead: Justin (Ext. 211)

Young adults, ages 19-30, create a friendly and welcoming community with a night of meal preparation and fun, inclusive games. Our community kitchen runs from 4 – 6:30 PM, and our games run between 6:30 – 8 PM.

WRAP Group - Currently Unavailable

Wellness Recovery Action Plan is an individualized recovery and crisis prevention plan that one creates for themselves. It's a tool that helps people take charge and cope with their illness on a daily basis.



Sun Run Training Group - Program Lead: Justin

Start the year off right! Join New View and Tri-Cities MH in training towards walking a 10 KM distance at the Sun Run.

Lunch: Open Arms Café - Program Lead: Sandra
Join New View for lunch @ 12 PM every Monday, Tuesday, and Wednesday. Sign-up deadline is at 10:30 AM. Cost is \$3.



Muffin Socials - Program Lead: Various

Early bird gets the worm! In this case, however, the worm is a delicious muffin. No cost, just great muffins and conversation.

Smoothie Club - Program Lead: Kira

Both healthy *and* delicious! Come out and try the berry-banana smoothie or the weekly special. Cost is \$1.



Yoga - Program Lead: Charlena

Come get your stretch on! Relax your mind and strengthen your body through this wonderful form of exercise.

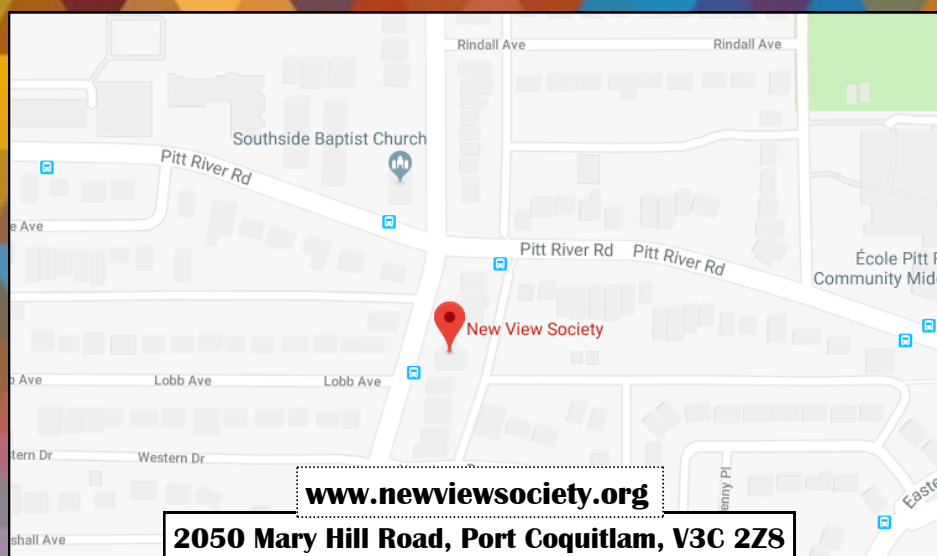
Coffee House - Program Lead: Various

Following the Pitch-in-Kitchen program, come together with friends for a fun-filled night of games or music!



Saturday Social - Program Lead: Nicole

Breakfasts, hikes, movies, and much more – whichever Saturday of the month, there is a Saturday Social for you!



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New View Society

January 2019 Calendar



Important Notes



Clubhouse is closed January 1st for New Years Day. Happy New Year everyone!



Be on the lookout for special dates this month: New Years Day, Non-Smoking Week, Blue Monday, and last but not least, Bell Let's Talk Day.



New View and Tri-Cities MH are forming a Sun Run training group (walking) every Monday and Wednesday. Please contact Justin (ext. 211) for more details.



Coffee House is back-in-action! Join us after the Pitch-in-Kitchen every Friday night for games, music, or more.



The January 5th Saturday Social will be used to discuss and brainstorm future Saturday Social programming. Come share your opinions and interests over a coffee!



Have you updated your recovery plans? Make a Thursday appointment with a staff member to get that started!



Programs

Continued...

Employment Services

Program Lead: Donna (Ext. 110)

Are you interested in volunteering or finding employment? New View Society Clubhouse provides vocational assistance in accessing community-based opportunities, as well as temporary, seasonal, and part-time casual work.

Social Enterprise – One Stop Assembly

New View offers part-time work opportunities to its members through its Social Enterprise programs, such as One Stop Assembly. Whether its packaging berries or a different order, this program helps members develop necessary interpersonal and social skills within the job environment.



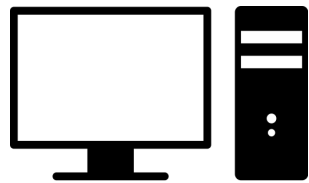
Resume and Interviews

The job search process can be a daunting task, so let us help you. If you need support crafting your resume or cover letter, job searching, or if you need help developing your job interview skills, there is always a staff here to help you.

Technology Q&A

Program Lead: Justin (Ext. 211)

Technology is a significant part of today's society, and it can be extremely difficult to keep-up with the constant advances and changes in its development. This can make it challenging to use our phones, access our computers – even on a daily basis. If you are in need of help in navigating these issues, please come see a staff for assistance! We provide a range of support, including but not limited to:



1. Phone and computer help.
2. Transferring files and storage.
3. Posting advertisements.
4. Online communication.

Healthy Living Support

Program Lead: Otilia (Ext. 204)

Physical health plays a significant role in our mental well-being. For years, research has consistently shown that exercising and eating healthy has positive impacts on our mental health. Come join a support group in bettering your physical health, and receive education and support in your journey to wellness.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December	January 1 8:30 – 4 PM	January 2 8:30 – 4 PM	January 3 CLOSED	January 4 8:30 – 8:30 PM	January 5
<h1>31</h1>	<p>CLUBHOUSE CLOSED</p>	Social Enterprise – OSA Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3 PM Yoga: 1 – 2 PM YA Night: 4 – 8 PM	Social Enterprise – OSA (Staff are available by appointment only)	Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM	Social Enterprise – OSA Saturday Social: Clubhouse @ 11 AM Coffee and Planning (Sign-up at reception)
January 7 8:30 – 4 PM	January 8 8:30 – 4 PM	January 9 8:30 – 4 PM	January 10 CLOSED	January 11 8:30 – 8:30 PM	January 12
Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10:30 – 11:30 AM 50+ Forever Young: 1 – 3 PM (Sign-up at reception)	Social Enterprise – OSA Open Arms: Lunch @ 12 PM	Social Enterprise – OSA Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3 PM Yoga: 1 – 2 PM YA Night: 4 – 8 PM	Social Enterprise – OSA <u>Time Sheets</u> (Staff are available by appointment only)	Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM	Social Enterprise – OSA Saturday Social: (Sign-up at reception)
National Non-Smoking Week (14th – 20th)					
January 14 8:30 – 4 PM	January 15 8:30 – 4 PM	January 16 8:30 – 4 PM	January 17 CLOSED	January 18 8:30 – 8:30 PM	January 19
Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10:30 – 11:30 AM 50+ Forever Young: 1 – 3 PM (Sign-up at reception)	Social Enterprise – OSA Open Arms: Lunch @ 12 PM	Social Enterprise – OSA Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3 PM Yoga: 1 – 2 PM YA Night: 4 – 8 PM	Social Enterprise – OSA (Staff are available by appointment only) Bake Club: 1 – 3 PM	Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM	Social Enterprise – OSA Saturday Social: (Sign-up at reception)
January 21 8:30 – 4 PM	January 22 8:30 – 4 PM	January 23 8:30 – 4 PM	January 24 CLOSED	January 25 8:30 – 8:30 PM	January 26
Social Enterprise – OSA Blue Monday Open Arms: Lunch @ 12 PM Sun Run TG: 10:30 – 11:30 AM 50+ Forever Young: 1 – 3 PM (Sign-up at reception)	Social Enterprise – OSA Open Arms: Lunch @ 12 PM	Social Enterprise – OSA Cheque Issue Date Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3 PM Yoga: 1 – 2 PM YA Night: 4 – 8 PM	Social Enterprise – OSA <u>Time Sheets</u> (Staff are available by appointment only)	Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM	Social Enterprise – OSA Saturday Social: (Sign-up at reception)
January 28 8:30 – 4 PM	January 29 8:30 – 4 PM	January 30 8:30 – 4 PM	January 31 CLOSED	February	February
Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10:30 – 11:30 AM 50+ Forever Young: 1 – 3 PM (Sign-up at reception)	Social Enterprise – OSA Open Arms: Lunch @ 12 PM	Social Enterprise – OSA Bell Let's Talk Day Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3 PM Yoga: 1 – 2 PM YA Night: 4 – 8 PM	Social Enterprise – OSA (Staff are available by appointment only)	<h1>01</h1>	<h1>02</h1>