Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR CANADA	9:30: Morning Walk 2	3	9:30: Morning Walk 4	9:30: Morning Walk
DAY	10:45-11:30: Women's Group	9:30: Morning Walk	1 00 2 00 4 4 21 14	5
30 W 18	1:00-2:00: Karaoke with Peter	10:30-11:30:	1:00-2:00: Art with Marc	10:00-11:00: Cooking with Heather
НАРРУ.	1:00-2:00: Baseball Practice	Guitar Lessons with Kelly	1:00-2:00: Baseball Game	1:00-2:00:
CANADA DAY	2:30-3:15:Coffee/Conversation	1:00-2:00: Chess/Board Games	at Moody Park	Members Munchies
		2:30-3:30: Hearing Voices	2:00: Young Adults Program	
	7-9pm: BPD Support Group 9:30: Morning Walk	9:30: Morning Walk 10	<u> </u>	9:30: Morning Walk 12
		10:30-11:30:		7.50. Worming Wark
10:30: Tour of Gas Town	10:45-11:30: Men's Group	Guitar Lessons with Kelly	1:00-2:00: Prize Bingo	10:00-11:00:
(Bag lunch available	1:00-2:00: Karaoke with Peter	1:00-3:00: NALOXONE	1:00-2:00: Baseball Game	Games at
for \$5.00)	2:30-3:15:Coffee/Conversation	TRAINING	at Gates Park	Moody Park
1.00 2.00. Art Class		2:30-3:30: Hearing Voices	2:00: Young Adults Program	1:00-2:00:
1:00-2:00: Art Class	7-9pm: BPD Support Group	(Cancelled)		Members Munchies
15	9:30: Morning Walk 16		9:30: Morning Walk 18	9:30: Morning Walk 19
9:30: Morning Walk	10:45-11:30: Women's Group	9:30: Morning Walk	1:00-2:00: Art with Marc	10:00-11:00:
7.30. Worming wark	1:00-2:00: Karaoke with Peter	10:30-11:30: Guitar Lessons with Kelly		Games at
10:30-11:30: House Meeting	1:00-2:00: Baseball Practice	1:00-2:00: Chess/Board Games	1:00-2:00: Baseball Game	Moody Park
	2:30-3:15:Coffee/Conversation		at Moody Park	1:00-2:00:
1:00-2:00: Art Class	7-9pm: BPD Support Group	2:30-3:30: Hearing Voices	2:00: Young Adults Program	Members Munchies
22	9:30: Morning Walk 23	24	9:30: Morning Walk 25	9:30: Morning Walk 26
10:30: Granville Island	10:45-11:30: Men's Group	9:30: Morning Walk	1:00-2:00: Prize Bingo	
(Bag lunch available	•	10:30-11:30:		10:00-11:00: Games at
for \$5.00)	1:00-2:00: Karaoke with Peter	Guitar Lessons with Kelly	1:00-2:00: Baseball Game	Moody Park
1:00-2:00: Art Class	2:30-3:15:Coffee/Conversation	1:00-2:00: Chess/Board Games	at Moody Park	
1.00 2.00. Alt Class	7-9pm: BPD Support Group	2:30-3:30: Hearing Voices	2:00: Young Adults Program	1:00-2:00: Members Munchies
20	9:30: Morning Walk 30	31	NEW LEAF C	
23	10:45-11:30: Women's Group	9:30: Morning Walk	NEW LEAF C	LUDITUUSE
	1:00-2:00: Karaoke with Peter	10:30-11:30:		2024
9:30: Morning Walk		Guitar Lessons with Kelly		11)14
	1:00-2:00: Baseball Practice	1:00-2:00: Chess/Board Games	PASSPORT 1	115 Sixth Avenue
1:00-2:00: Art Class	2:30-3:15:Coffee/Conversation	2:30-3:30: Hearing Voices		ew Westminster
	7-9pm: BPD Support Group	, 510 51	Ph: 604-526-1007	Fax: 604-526-1008

PROGRAM HIGHLIGHTS

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

<u>Clubhouse Closed:</u> July 1/24: Clubhouse closed for Canada Day.

Gas Town: July 8, leaving NL at 10:30. Must sign up. Bag lunch available for \$5.00

Granville Island: July 22. Van leaving at 10:30. Bag lunch available for \$5.00.

Naloxone Training: July 10 from 1:00-3:00pm. For staff and members. Please sign up

<u>Art with Marc:</u> Check calendar for dates. No experience needed.

Art Class with Todd: This class offers a variety of various mediums designed for people with or without previous experience.

Baseball Games: Thursday July 4, 11, 18, & 25

Baseball Practice: Tuesday, July 2, 16, & 30th. 1:00-2:00pm at Moody Park

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

Chess/Board Games: Join your peers for a friendly game of chess or a board game. Beginners welcome.

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

Games at Moody Park: Every Friday from 10:00-11:00. Join us for fund games of ping pong, badminton etc. Check calendar listing

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 another unusual sensory phenomenon.

<u>Karaoke with Peter:</u> 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 Walk: Feel better by starting your day with some light exercise and fresh air.

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

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

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