

Strive Centre Services

The Strive Centre is located at 5055 Joyce Street (by Joyce sky train). We are open from 10 am to 5 pm, Monday to Friday. Our center includes a drop in space for social opportunities and community connections. Individuals that access our services have a range of program choices to inspire healthy lifestyles.

Drop-In Space:

Our communal space encourages participants to socialize in a positive and welcoming atmosphere, while engaging in a range of activities with their friends or staff. This includes access to art supplies, a pool table, board games, video games, a snack bar and computers. Our centre promotes inclusion, wellness and diversity to create a safe environment for people to share.

**With All Facilitators*

Vancouver Connections:

This is a referral program that offers additional goal centered support to navigate community services that are available in the lower mainland. We promote self-advocacy to allow for increased awareness or resources to access these services based on individual needs.

**With Melissa Wade*

Special Events:

There will be a monthly outing called **Explore Nature** on the last Tuesday of each month. This will allow participants to be active in nature and enjoy accessible parks throughout the Vancouver area.

We will have inspiring **Special Guests** every month at the Strive Centre to introduce resources and activities that are available in Vancouver. Some of our past guests have included Vancouver Adapted Music Society, Yogability, Pet Therapy, SFU Community Singers, Vancouver Food Bank, Art Therapy, Theatre Terrific and Sirota's Alchymy: Martial Arts and life skills center.

We will also have a **Participant Meeting** monthly to promote program feedback. Meetings will occur on the last Thursday of each month.

There will be **Open House** and an opportunity for participants to sell their craft and art work at the Strive Centre's **Art & Craft Show** twice a year.

Program Guide

Coffee Connection: Start your day with a complimentary tea or coffee, along with a healthy morning snack. This group is for anyone interested in social connection and conversation. We explore current events to promote questions, perspectives and expressions. This is a safe, respectful space to encourage healthy communication and friendships. Participants will practice effective speaking and listening skills. We are open to topic suggestions and bring along articles or ideas to support you in conversation.

****With Mackenzie 10-11 (Every Day)***

Community Outings Program: Participants meet twice per month to plan **two** community outings of their choice. Group planning is on the first and third week of each month. The outing is on the second and last week of each month. Possible community outings may include visits to the art gallery, music events, parks, hiking trails, fitness classes, movies and much more!

****With Melissa 12-3 (Thursday) five participants per outing***

Yoga: This program is designed for relaxation, balance and strength. Our yoga space is intentional, accessible and adaptable for all abilities. There will be a focus on simple postures, breathing and movement. We provide yoga mats, stretch bands and yoga blocks.

****With Mackenzie 11-12 (Monday, Wednesday, Friday)***

Adapted Fitness: Learn a series of adapted exercises to include movement, breathing and stretching. This program is focused on posture, strength and flexibility. Participants set their own personal fitness goals based on safety and choice. The exercises are adaptable and we provide progress tracking worksheets, yoga mats, hand weights, stretch bands, chairs, blocks.

****With Mackenzie 11-12 (Tuesday, Thursday)***

Community Kitchen: Participants will work as a team to prepare nutritious lunches. This program provides training with knife skills and kitchen safety. It covers the fundamentals of nutrition, cooking and culinary tools. We will make meals using the oven, panini-grill, griddle, blender, food processor and stove top.

****With Sarah 12-1 (Every Day)***

Music Therapy: Registered Music Therapist, Carolyn Neople provides a progressive program with both inclusive music therapy group sessions and one to one sessions. The group sessions begin with a 15 minute warm up activity to engage participants in vocals, percussion, guitar, ukulele, electric piano and drums. This is followed by 45 minutes of group singing or instrumental practice. This program invites all abilities and levels to explore the therapeutic value of music. We offer large font and screen projected lyrics for all songs that we perform together. Participants report an increased level of comfort and confidence with music while exploring new musical instruments and voice. Increased memory, cognitive benefits and stress reduction are all associated with music therapy. This program increases community connection through musical exploration with others. Bring an instrument if you have one! We have acoustic guitars, electric piano, shakers, tambourines, and hand drums.

****With Carolyn and Mackenzie 2-3 (Tuesday)***

****Individual Music Therapy Sessions with Carolyn 2-3 (Thursdays)***

Mindful Practice: This program explores various activities to bring our attention to the present moment. This program includes mindful walks, meditation, art, podcasts and media to engage the mind and increase self-awareness.

****With Melissa 1-2 (Tuesday)***

Film and Media: This program promotes conversations through engaging with film and media. Participants watch both short and long format films. We offer complimentary popcorn and there are beverages available at the snack bar. The facilitator will provide an opportunity for an open group discussion to share thoughts and perspectives on the film.

****With Melissa 1-2 (Monday and Friday)***

Cooperative Games: This program guides participants to build on their communication and relationship skills with a variety of interactive games. The facilitator will encourage participants to work together to explore the value of cooperating and peer connection through a series of fun activities.

****With Melissa 1-2 (Wednesday)***

Meditation: Meditation will quiet the mind and relax the body. Guided breath work and a series of techniques will be practiced to promote health and wellness.

****With Mackenzie 2-3 (Wednesday)***

Walking Group/Community Gardening: Explore the community with a daily walk to promote a healthy lifestyle. Track your progress, maintain daily exercise and make new friends. This group will walk around the neighborhood with a stop at the community garden plot to maintain our plants and flowers.

****With Sarah (Monday to Friday)***

Language Skills: This group allows for participants to practice reading, writing and communication. There will be adult-based learning resources available and participants explore a self-paced curriculum to achieve their personal goals. Materials and topics range from vocabulary, social skills and encouraging conversations.

****With Mackenzie 2-3 (Monday)***

Tai Chi: This is a beginner level Tai Chi program. Participants are guided through a 30 minutes series of health promoting exercises. The focus is on breathing with movement to engage and relax the body. All exercises are low-impact and with the option to participate while seated.

****With Wayne 2-3 (Friday)***

Open Mic and Karaoke: Participants are welcome to use our in-Centre microphone, speaker system, projector, and internet resources to choose their favourite songs to sing along to. Enjoy music themes and dancing in a fun atmosphere!

****With Mackenzie 3-4 (Every Day)***

Art & Craft: Participants have full access to our art space and supplies to encourage creative expression. This program is designed to explore art, design and crafts of your choice. Participants will have the opportunity to sell their creations at the bi-annual Art & Craft Show. Artists have the option to display and sell art work in our Centre gallery.

****With Sarah 3-4 (Every Day)***