

## 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 Show** four times a year.

## Program Guide

**Breakfast Club:** Participants work together in our fully accessible kitchen with adaptable equipment. We prepare healthy breakfasts while learning new recipes, practice knife skills and safety in the kitchen. Meal preparation covers the fundamentals of nutrition, cooking, baking and using a griddle. This provides a delicious breakfast for ourselves and others while attending the Strive Centre.

***\*With Sarah 10-11 (Every Day)***

**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)***

**Yoga:** This program will provide an adapted Yoga session to relax and strengthen the body. All classes are fully accessible and offer adaptations for all abilities. There will be a focus on simple postures with personal supports from the facilitator. Participants will learn the importance of connecting breath along with movement. This will improve stamina, strength, balance, and relaxation. Our classes are offered in a secluded meditation room away from Centre activities to provide an intentional, quiet space. Equipment offered will include yoga mats, stretch bands, and yoga blocks.

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

**Adapted Fitness:** Participants will be guided through a series of movement, breath work and stretches. These exercises will focus on posture, strength, endurance and flexibility. The facilitator will promote self-awareness and encourage participants to set personal fitness goals. Based on choice and comfort we ensure safe exercise through adaptations. Equipment offered includes yoga mats, hand weights, stretch bands, chairs, blocks and progress tracking worksheets.

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

**Community Kitchen:** Participants will work as a team in our fully accessible Strive learning kitchen to prepare amazing nutritious lunches. We learn knife skills and kitchen safety. This program covers the fundamentals of nutrition, cooking and use of kitchen equipment. There will be meals made with the panini-grill, food processor, blenders and stove top.

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

**Music Therapy:** Registered Music Therapist, Carolyn Neople provides an inclusive and progressive music therapy session. It begins with a 15 minute warm up activity that engages 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)***

**Mindful Practice:** This program explores various activities that promote mindfulness. These activities will range in exercises that encourage individuals to bring attention to our thoughts and feelings. This will include mindful walks, meditation, art, podcasts and media to engage the mind to increase self-awareness.

***\*With Melissa 1-2 (Tuesday, Thursday)***

**Film:** This program is designed for film fans and individuals who enjoy conversations. In this program participants will have the opportunity to watch both short and long format films. We offer complimentary popcorn and there are several beverages available at the snack bar. The facilitator will provide an opportunity for an open discussion with the group to share our thoughts and opinions.

***\*With Melissa 1-2 (Monday, Friday)***

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

**Walking Group:** Explore the community with a pedometer for a healthy heart and friendly support. Track your progress and promote peer connections.

***\*With Sarah and Gareth***

**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:** Guest facilitator, Wayne provides a beginner level Tai Chi class where participants are led through 30 minutes series of peaceful Tai Chi exercises. These exercises focus on breath work along with stretching to engage and relax the body. All exercises are low-impact and are offered with optional seated adaptations.

***\*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. The facilitator will encourage a positive space to choose your song and cheer others on. Enjoy music in a fun atmosphere!

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

**Art & Craft:** Participants come together in our fully loaded art space to express their creativity and talents. Strive Centre provides the tools and materials for artists of all abilities. We provide a space to increase confidence levels and practice artistic expression or a craft of your choice. Art and crafts created by participants may be sold at the art gallery event that occurs four times a year. We also display paintings in our revolving art collection from the talented artists at Strive Centre.

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