



# Strive Centre

CALENDAR July 25<sup>th</sup> – September 6<sup>th</sup> 2015

Hours Open: Monday, Tuesday, Thursday and Friday 10 am – 5 pm  
Wednesday 10 am – 9pm

---

## Leisure Expressions

### Mondays:

**Paint 2 Canvas** Give painting a go! Experience the joy of painting, whether you are new or experienced. This is the time to start expressing yourself through art! All supplies are included. *Mondays 12:30-2:00pm, Drop-in Friendly.*

**Mask Making Workshop** Uncover your inner monster in this workshop exploring the art and expression of mask-making. All supplies are included. *Mondays 2:30-4:00pm, Drop-in Friendly.*

**Strive Poets Society** Enjoy poetry or spoken word? Join others with the same passion, discovering the techniques of poetry and writing your own. *Mondays 4:00-5:00pm, Registration Required.*

### Tuesdays:

**Tangy Bingo** Come play the classic game of bingo with interesting twists, and a Bingo Champion title up for grabs. *Tuesdays 11:30-12:30pm, Drop-in Friendly*

**Art Crawl** Start with a theme and work your way through different art mediums (ie. clay, masks, paint) to create a beautiful group series of art projects. Visit art galleries and inspiring seasonal activities! *Tuesday 2:00-4:00pm, Registration Required.*

**Last Comic Standing** Practice the hilarious craft of improv and comedy. All skill levels welcome, laughter always included. *Tuesdays 3:00-4:30pm, Drop-in Friendly*

### Wednesdays:

**The Nature of Things** Discover the beauty of nature by spending time in the outdoors, learning about the natural use of plants and practicing mindfulness as you go! *Wednesdays 11:00-1:00pm, Drop-In Friendly.*

**RPG for All** Try out role play gaming (table top, computer based, CYOA, LARP) in a friendly all-levels environment. Bring what you have! *Wednesday 1:30-3:30pm, Registration Required*

**Me, My selfie and I** Take your phone, camera or a Strive Centre iPad for a spin and explore the city taking selfies as you go. *Wednesdays 2:30-3:30pm, Drop-In Friendly*

**Young Adults Nights** For individuals 19-29. Every week discover current exciting evening events and activities in the Vancouver community. Expect some chill nights at the Centre as well, with movies, games and popcorn! *Wednesday evenings 5:00-9:00pm, Drop-In Friendly.*

### Fridays:

**Joyce Theatrics Sampler** Curious about acting? Break the ice with a 101 program, introducing you to body movement and spoken word. No experience necessary! *Fridays 1:00-2:30pm, Drop-In Friendly.*

**Grouponing in Vancouver** Go have fun outside and in the city! Experience the leisure options in and around Vancouver using the popular Groupon deals and the low or no-cost options. *Fridays 1:00-4:00pm, Registration Required.*

**Pinterest Projects** Work on weekly craft projects with opportunities to mingle. *Fridays 11:00-12:30pm, Drop-In Friendly*

**Vinyl Café** Join fellow music lovers to explore diverse music styles at the centre (by CD and live performance) and in the community. *Friday 3:00-5:00pm, Drop-In Friendly.*

## Healthy Living

### Mondays:

**Healthy Crumbs 101** Tackle the basics! Meal planning on a budget, how to follow a recipe, chopping, measuring and more. Learn and cook in a small group setting. *Mondays 11:00-12:30pm, Registration Required.*

### Tuesdays:

**Breaking Yolks** Start your morning off right! Enjoy a healthy brunch with others.

*Tuesdays 10:30-12:00pm*

Cost \$2.00 (each session)

*Drop-in friendly.*

### Wednesdays:

**Stevia for the Sweet Tooth** Have a sweet tooth? Fear not, learn how to make healthy and delicious recipes in this tasty hands-on baking program! *Wednesdays 1:00-3:00pm, Drop-In friendly.*

### Thursdays:

**Cook's Corner** Build on your cooking skills by working together and making delicious recipes! *Thursdays 1:30-3:30pm, Registration Required.*

### Fridays:

**Self-Care in Style** Come to a relaxing afternoon with pampering, easy conversations and learning stylish makeup, nails and hair do's! All bodies and genders welcome. Please bring any supplies you have! *Fridays 2:00-4:00pm, Drop-in friendly.*

## Employment Skills Programs

### Mondays:

**Penny Pinching** Learn the how-to's of money management including setting a realistic budget, starting to save, and more. *Mondays 2:00-3:30pm, Registration Required.*

### Tuesdays:

**Breaking Yolks Behind the Scenes** Practice customer service and cooking skills by providing the Breaking Yolks program to Strive Centre members and staff. *Tuesdays 10:00-11:30am, Registration Required.*

**Building Blocks** Try out a trade skill by interacting with wood. Visit the Tetra Woodworking Shop and make small scale and group projects. *Tuesdays 11:00-12:30pm, Registration Required.*

### Wednesdays:

**Brain Boosters** Exercise your neurons by trying out some challenging (and fun) activities that re-wire your circuitry. Board games, puzzles and innovative computer games galore! *Wednesdays 3:00-4:00pm, Drop-in friendly.*

### Thursdays:

**Build Your Own Business (BYOB)** Experience a supportive intro to making money independently. Learn about business and how to make money through your efforts. You will apply your new skills through fun, hands-on experience running the Canteen! *Thursdays 2:00-3:30pm, Registration Required.*

## Personal Growth

### Mondays:

**The Art of Assertiveness** Take the next step in your social skills by practicing the foundations to asserting yourself with others. Whether it's ordering your food at a restaurant or discussing concerns with your doctor, assertiveness impacts how we get our needs met! *Mondays 1:30-3:00pm, Registration Required.*

### Tuesdays:

**Angry Birds Anonymous** Explore healthy ways to express yourself and get your message across without losing your cool. Friendly, interactive and judgment-free group. *Tuesdays 11:30-12:30pm, Registration Required.*

### Wednesdays:

**Healthy Relationships** Discuss and learn about topics related to friendship, dating, sex, love and disability. All genders and orientations are welcome! *Wednesdays 2:30-3:30pm, Registration Required.*

**Leisure Roots** How can leisure time be valuable in your life? Find ways to fill your time with activities that promotes your health and happiness! Explore your leisure lifestyle in this eye-opening group program. *Wednesdays 11:00-12:00pm, Drop-In Friendly.*

### Thursdays:

**Stress-Free Workshops** When there is too much to deal with, what do you do? Discover fun and useful techniques that can help you manage stress by sampling a new holistic approach each week. *Thursdays 2:00-3:00pm, Drop-In Friendly.*

## Physical Fitness – Adapted options available

### Mondays:

**Yoga Life and Meditation** Discover your more flexible self! Support your healthy living goals and ease into yoga and meditation. All abilities welcome, chair adaptations included. *Mondays 10:45-12:00pm, Drop-in friendly.*

**Dodgeball** Have some old-school fun throwing balls around the gym at CNH. *Mondays 1:00-2:00pm, Drop-in friendly.*

### Wednesdays:

**Stretch and Strength** Build strength and flexibility through this seated exercise program. *Wednesdays 10:30-12:00pm, Drop-In Friendly.*

## Thursdays:

**Field Sports** Take in the fresh air, find a green patch and play some outdoor games and sports in the sun. Come and enjoy the summer rays! *Thursdays 2:00-4:00pm, Drop-In friendly.*

## Fridays:

**Digital Fitness** Work on coordination and balance by playing Wii games! *Fridays 2:00-3:00pm, Max of four participants, Registration Required.*

## Clubs

### Tuesdays 1:00-3:00pm

All Clubs are initiated by member interest in pursuing a hobby or leisure activity. Staff provides limited assistance in organizing activities and events. Ideas for new clubs: Crib players. Card-making. Sports fans. Rotten Tomatoes Movie Club.

**Chapters** Book club for people who love reading and sharing knowledge.

**Strive DIY** Enjoy using your hands and working on projects? Have a project you need some ideas or support completing? Join Strive DIY to get your project to the next stage, or share your skills and help someone else.

**Have your own idea?** Ask staff for support on how to start your own club today!

## Once-A-Month Programs

### Thursdays 12:00-1:30pm

**One Stop Shop Health Team** Come in for an all-inclusive healthcare provider afternoon. Offered once a month, the Centre will host professionals including (but not guaranteeing) a GP, community nurse, physiotherapist, occupational therapist, psychiatrist, reflexologist, dietician, naturopath, traditional Chinese medicine and/or a podiatrist. Come and meet the professionals for a friendly meet-and-greet. Any professionals interested in participating please contact the Program Manager or Program Coordinator for more information.

**Speakers Corner** Learn about diverse topics from professionals in the community. Past presenters include Translink officers, Firefighters, an Epilepsy Society representative, and a First Aid instructor.

**Member's Meeting** Attending the programs and interested in sharing feedback, or hearing about any updates or changes coming Strive Centre's way? Join the monthly member's meeting to join the conversation. Free lunch included for those who attend the meeting!

**AND OTHERS!** New once-a-month programs are coming Strive Centre's way. Stay tuned and watch for posters about the upcoming weeks!

## Centre Programs *by appointment*

**Vancouver Connections** Receive 1:1 support to achieve your leisure, wellness and fitness goals. Together you will begin using community resources to meet your goals. *Book an Appointment today!*

**Customized Employment Program** Are you looking for a job and need support finding one? YOU HAVE COME TO THE RIGHT PLACE! Our Employment counselors and job coaches will take you down the path of discovering your potential, teach the skills you will need on the job and support you while working. Contact us today!

**Outreach Support** If you need support finding housing, linking to mental health teams, health care, setting up a bank account, access to case management, accessing the food bank or need somebody to advocate on your behalf Book an appointment today!

**Central Perk Café** Drop in and enjoy a low cost nutritious snack and beverage. Central Perk is a training café offered through our employment program that focuses on identifying learning styles and filling in the gaps.

***If you are interested joining any of the programs please register below.***

***Spots are limited and subject to assessment based on goal priority. REGISTER TODAY!***



## Strive Centre Registration Form July 25 2015 to September 6<sup>th</sup> 2015

Spots are limited and subject to assessment based on goal priority. Place ✓ beside the activity you want to join.

**REGISTER TODAY!**

### Leisure Expressions

<b>Mondays:</b>				✓Interested
Paint 2 Canvas	12:30-2:00pm		Drop-in friendly	
Mask Making	2:30-4:00pm		Drop-in friendly	
Strive Poets Society	4:00-5:00pm		Registration Required	
<b>Tuesdays:</b>				
Tangy Bingo	11:30-12:30pm		Drop-in Friendly	
Art Crawl	2:00-4:00pm	Bus Fare	Registration Required	
Last Comic Standing	3:00-4:30pm		Drop-in friendly	
<b>Wednesdays:</b>				
The Nature of Things	11:00-1:00pm	Bus Fare	Drop-in friendly	
RPG for All	1:30-3:30pm	Bus Fare	Drop-in friendly	
Me, My Selfie and I	2:30-3:30pm	Bus Fare	Drop-in friendly	
Young Adults Night	5:00-9:00pm	Bus Fare/ entrance fees	Drop-in friendly	
<b>Fridays:</b>				
Joyce Theatrics Sampler	1:00-2:30pm		Drop-in friendly	
Grouponing in Vancouver	1:00-4:00pm	Bus Fare/ entrance fees	Registration Required	
Pinterest Projects	11:00-12:30pm		Drop-In friendly	
Vinyl Café	3:00-5:00pm.		Drop-in friendly	

### Healthy Living

<b>Mondays:</b>				
Healthy Crumbs101	11:00-12:30pm		Registration Required	
<b>Tuesdays:</b>				
Breaking Yolks	10:30-12:00pm	Cost \$2.00	Drop-in friendly	
<b>Wednesdays:</b>				
Stevia for the Sweet Tooth	1:00-3:00pm		Drop-in friendly	
<b>Thursdays:</b>				
Cook's Corner	1:30-3:30pm		Registration Required	
<b>Fridays:</b>				
Self-Care in Style	2:00-4:00pm		Drop-in friendly	

### Employment Skills Programs

<b>Mondays:</b>				
Penny Pinching	2:00-3:30pm		Registration Required	
<b>Tuesdays:</b>				
Breaking Yolks	10:00-11:30am		Registration Required	
Behind the Scenes				
Building Blocks	11:00-12:30pm		Registration Required	
<b>Wednesdays:</b>				
Brain Boosters	3:00-4:00pm		Drop-in friendly	

<b>Thursdays:</b>			
Build Your Own Business	2:00-3:30pm	Registration Required	

### Personal Growth

<b>Mondays:</b>			
The Art of Assertiveness	1:30-3:00pm	Registration Required	
<b>Tuesdays:</b>			
Angry Birds Anonymous for FASD	11:30-12:30pm	Registration Required	
<b>Wednesdays:</b>			
Healthy Relationships	2:30-3:30pm	Registration Required	
Leisure Roots	11:00-12:00pm	Drop-in friendly	
<b>Thursdays:</b>			
Stress-Free Workshops	2:00-3:00pm	Drop-in friendly	

### Physical Fitness – Adapted options available

<b>Mondays:</b>			
Yoga Lite and Meditation	10:30-12:00pm	Drop-in friendly	
Dodgeball	1:00-2:00pm	Drop-in friendly	
<b>Wednesdays:</b>			
Stretch and Strength	10:30-12:00pm	Drop-in friendly	
<b>Thursdays:</b>			
Field Sports	2:00-4:00pm	Drop-in friendly	
<b>Fridays:</b>			
Digital Fitness	2:00-3:00pm	Registration Required	
<b>Vancouver Connections</b> Receive 1:1 support to achieve your leisure, wellness and fitness goals. Together you will begin using community resources to meet your goals. <i>Book an Appointment today!</i>			

### Clubs

<b>Tuesdays:</b>			
Create/Join a Club	1:00-3:00pm	Drop-in Friendly	

### Once-A-Month Programs

<b>Thursdays:</b>			
Once a Month Programs	12:00-1:30pm	Drop-in Friendly	
<i>One Stop Shop Health Team</i>			
<i>Speakers Corner</i>			
<i>Member's Meeting</i>			
<i>AND More!</i>			

### Support and Peer-facilitation

<b>ABI Support and Advocacy Group</b> Meet with a peer-facilitated support group run. <i>TBD</i>	
--	--

**Date:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone#:** \_\_\_\_\_

Already a Member: **Yes/No** (circle)

**If No**, to join the Centre you need meet the following criteria:

Yes  No I am at least 19 years of age.

- Yes  No I am able to get to and from the Strive Centre independently
- Yes  No I am able to manage my own self care needs and do not require attendant care
- Yes  No I will not behave disruptively or pose a health and safety threat to other people
- Yes  No I will not bring or use illegal substances while at the Centre
- Yes  No I have an acquired Brain Injury and reside in Vancouver Coastal area (Vancouver, Richmond, North Shore)
- Yes  No **Or** I receive CLBC funding to participate at the Centre
- Yes  No **Or** I receive other funding (PGT, ICBC, PT/OT, CVAP, other)

**If you answered “No” to any of these questions answer below**

- Yes  No I will be accompanied by my own attendant who will assist me at the centre.
- Yes  No I will need to receive 1-1 staff support at the centre.
- Yes  No I will need CLBC funding to join the centre.

**The support I require includes:**

Support workers name: \_\_\_\_\_ Tel: \_\_\_\_\_

Case manager/Social Worker name: \_\_\_\_\_ Tel: \_\_\_\_\_

**You have the option of mailing, faxing or emailing your registration form.**

1. Unit 100 – 5055 Joyce Street  
Vancouver, British Columbia V5R 6B2
2. Emailing: [info@striveliving.ca](mailto:info@striveliving.ca)
3. Fax: 604.936.9003
4. Call to set up an appointment 778.370.5499 or 604.936.9944