

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 with wifi. 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, by-appointment program that offers 1:1 support with our centre key worker to learn about and access community services that are available in the lower mainland. Some areas of support include individual goal setting, connecting participants to volunteer and employment opportunities, community workshops, education, housing, and more. We promote self-advocacy to allow for increased awareness or resources to access these services based on individual needs.

Special Events

Are you looking for more opportunities to participate in community outings and events? Strive Centre will be offering fun activities in the community or in-centre events at least once a month. If you have interests in snow tubing, art shows, luaus, BBQ and more, this is for you. Look out for announcements every month to see what is coming up!

Don't forget, we have Participant Meetings once a month to promote program feedback and to celebrate monthly birthdays! Meetings will occur on the last Thursday of each month. Pizza lunch is provided.

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. We are open to topic suggestions and bring along articles or ideas to support you in conversation.

Every Friday, Coffee Connection will take place in the community. We will first meet at Strive Centre.

***With Sarah 10 am – 11am (Monday - Friday)**

Breakfast Club

Come enjoy a hot breakfast with a complimentary tea or coffee. There will be opportunities to learn and help prepare the meal as well. You can expect delicious meals such as pancakes and sausages, biscuits, French toast and more!

***With Sarah 10am – 11am (Tuesday)**

Yoga

This program is designed for relaxation, balance and strength. Both our yoga space and the class itself are 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 Steph 11am – 12pm (Monday, Wednesday, Friday)**

1:1 Music

Our new music therapist Shannon Nesbitt, will be offering 1:1 Music sessions every Wednesday. There is no need to book an appointment as sessions will be by drop-in basis.

Shannon 2pm – 3pm (Wednesday)

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 12pm – 1pm (Monday - Thursday)**

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 Steph 1pm – 2pm (Monday & Friday)**

Speech and Literacy Skills

This group encourages and focuses on the practice of reading, writing and communication. Adult-based learning resources will be available and participants will have an opportunity to explore a self-paced curriculum to achieve their personal goals. Materials and topics range from vocabulary, news stories, discussing new research topics, social skills and encouraging conversations.

***With Mark 2pm – 3pm (Monday & Wednesday)**

Arts & Crafts

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 work at the bi-annual Art & Craft Show. Artists have the option to display and sell art work in our Centre gallery.

***With Sarah 3pm – 4pm (Monday - Friday)**

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 Mark 4pm – 5pm (Monday - 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 and chairs as needed.

***With Mark 11am – 12pm (Tuesday & Thursday)**

Knitting

Due to popular demand, we will be offering Knitting every Tuesday for 2 hours! If you're tired of knitting scarfs and want to learn something new, or have always wanted to learn how to knit, here is your chance! Come join us to learn the basics of knitting, new stitches and creating your personal project.

***With Steph 1pm – 3pm (Tuesday)**

Meditation

The purpose of the Meditation program is to welcome and support participants to take time in their day to quiet the mind and relax the body. The facilitator will provide a relaxing atmosphere with lighting, gentle music, nature sounds, mats and chairs for participants to choose their form of comfort. Each 45 minute session will differ, providing guided meditations on gratitude, compassion, motivation, stress relief, or nature-visualizations. Participants are encouraged to share their personal meditation practices, as well as suggest themes or ideas. This class is for anyone, brand new to or experienced in meditation.

***With Mark 2pm – 3pm (Tuesday)**

Group Music Jam

Registered Music Therapist, Shannon Nesbit provides a progressive program with an inclusive group music therapy session to invite 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. Increased memory, self-esteem, 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 Shannon & Steph 1pm – 2pm (Wednesday)**

Gardening

We're excited to announce for the months of April to September, the gardening program will be partnering with Master Gardeners (MG). MG will be lending their expertise in helping us grow our garden plots to the next level! If you want to get your hands dirty and be outside, come join us every Thursday. This program will be offered rain or shine so please dress accordingly to the weather!

***With Mark 1pm – 2pm (Thursday)**

Geocaching Walking Group

Come join us on a real-world outdoor treasure hunting game in our own backyard. Learn the fun basics of geocaching, find "swag", get outside and get some exercise! Come rain or shine, and dress accordingly for the weather!

***With Steph 2pm – 3pm (Thursday)**

Cultural Community Kitchen: Participants will learn and explore the cuisines of a new country and culture every week. We will be working together to prepare exciting new cultural dishes. Participants will learn to develop safe knife handling skills and work together to complete a dish as a team. Participants will learn the fundamentals of nutrition, cooking and culinary tools.

***With Sarah 12pm – 2pm (Friday)**

Baking 101

Do you want to learn how to bake items such as cookies, cupcakes, biscuits and more? This new program aims to teach participants the basic fundamental skills of baking! Every week, you'll have an opportunity to learn how to make sweet and savory baked goods.

***With Mark 2pm – 3pm (Friday)**