








Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>June 2023 Foundry Calendar</b></p>			<p><b>1</b> 11am Hibernation Nation- <b>Movie @ Scotia Bank Theatre (KOB)</b> 1pm Neighborhood Coffee Walk (PCA) 3:15pm Trauma Sensitive Yoga 4pm Side Hustle @ Covenant House</p>	<p><b>2</b> 11:30am Rec Outing – “Power To Be” Grouse Mountain Hike (Lunch provided + Sign up required)</p> 
<p><b>5</b> 11am Smoothie Group (PCA) 12pm Breakfast Club (KOB) 2pm Baking Group 3pm Music Group 4pm Side Hustle @ Covenant House</p>	<p><b>6</b> 1pm Learning to Cook with Fernando 2pm Goal Setting Group 4:30pm Basketball @ Covenant House</p> 	<p><b>7</b> 1:30pm Art Group 1:30pm SMART Recovery at Covenant House</p>	<p><b>8</b> 11am Hibernation Nation- <b>Gardening Group (KOB)</b> 1pm Neighborhood Coffee Walk (PCA) 3:15pm Trauma Sensitive Yoga 4pm Side Hustle @ Covenant House</p>	<p><b>9</b> 1:30pm Rec Outing – Rain Or Shine Ice Cream Walk</p>
<p><b>12</b> 11am Smoothie Group (PCA) 12pm Breakfast Club (KOB) 2pm Baking Group 3pm Music Group 4pm Side Hustle @ Covenant House</p>	<p><b>13</b> 1pm Learning to Cook with Fernando 2pm Goal Setting Group 3:30 Hearing Voices Group @ Foundry 4:30pm Basketball @ Covenant House</p>	<p><b>14</b> 1:30pm Art Group</p> 	<p><b>15</b> 11am Hibernation Nation- <b>Pasta the Plate (KOB)</b> 1pm Neighborhood Coffee Walk (PCA) 3:15pm Trauma Sensitive Yoga 4pm Side Hustle @ Covenant House</p> 	<p><b>16</b> 12:30pm Rec Outing- <b>Canadians Game @ Nat Bailey Stadium</b></p>
<p><b>19</b> 11am Smoothie Group (PCA) 12pm Breakfast Club (KOB) 2pm Baking Group 3pm Music Group 4pm Side Hustle @ Covenant House</p>	<p><b>20</b> 1pm Learning to Cook with Fernando 2pm Goal Setting Group 4:30pm Basketball @ Covenant House</p>	<p><b>21</b> 1:30pm Art Group 1:30pm SMART Recovery at Covenant House</p>	<p><b>22</b> 11am Hibernation Nation- <b>Lee's Donuts @ Granville Island (KOB)</b> 1pm Neighborhood Coffee Walk (PCA) 3:15pm Trauma Sensitive Yoga 4pm Side Hustle @ Covenant House</p>	<p><b>23</b> 1:30pm Rec Outing- <b>Marble Slab Ice Cream Walk</b></p> 
<p><b>26</b> 11am Smoothie Group (PCA) 12pm Breakfast Club (KOB) 2pm Baking Group 3pm Music Group 4pm Side Hustle @ Covenant House</p>	<p><b>27</b> 1pm Learn to Cook with Fernando 2pm Goal Setting Group 4:30pm Basketball @ Covenant House</p> 	<p><b>28</b> 1:30pm Art Group</p>	<p><b>29</b> 11am Hibernation Nation- <b>Games Group (KOB)</b> 1pm Neighborhood Coffee Walk (PCA) 3:15pm Trauma Sensitive Yoga 4pm Side Hustle @ Covenant House</p>	<p><b>30</b> 12pm Rec Outing- <b>Beach BBQ @ Sunset Beach</b></p>

## Group Information

### Rehab Team Contact Information:

Please txt/call these numbers rather than front desk for more info regarding groups & outings:

**Jaime's** Contact: 604-314-5278/ **Fernando's** Contact: 604-612-3664/ **Dana's** Contact: 604-786-0513 /**Andrew's** Contact :604-314-8082

**Peer Support - Amanda:** 778-389-7915 /**Jas:** 604-230-9446

### Monday

**Baking Group-** Join us every Monday at Foundry for a baking group to learn kitchen skills and make tasty treats! (Fernando)

**Side Hustle-** Join peer support worker, Amanda and social worker, Dan at Covenant House (1302 Seymour, 2<sup>nd</sup> Floor) every Monday and Thursday to learn how to cut down on stimulant use, win cool prizes, and achieve goals. (Amanda)

### Tuesday

**Learning to Cook with Fernando-** Come learn with Fern! Fernando will be in clinic every Tuesday from 12:30-1:30pm teaching basic cooking skills and meal planning (Fernando)

**Goal Setting Group-** Join in on the goal setting fun! Work alongside Foundry staff to support you with setting and achieving goals. (Fernando)

**Hearing Voices Group -** Meet a peer who hears voices and know that you are not alone. Explore different ways of understanding the voice hearing experience. Explore the meaning voices have for you. Snacks provided! Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at Foundry, 3:30-4:30. (Jas)

**Basketball Group –** Come shoot some hoops with Dr. Dan and Fern at the new Covenant House gym! No experience necessary. Meet at covenant house or the clinic at 4:30. (Fern)

### Wednesday

**Art Group-** Low barrier art group offered at Foundry Granville every Wednesday at 1:30pm. All supplies needed will be provided by Foundry staff. (Dana)

**SMART Recovery-** SMART recovery is a self-help, evidence-based program to help you change addictive behaviors and habits. The program and tools are non- judgmental, and our meetings provide a safe, supportive space for you to work through your challenges. Meetings are held bi-weekly at Covenant House on Wednesday from 1:30pm-2:30pm. (Andrew + Amanda)

### Thursday

**Trauma Sensitive Yoga –** The perfect 45 minute grounding yoga session. Come and enjoy gentle, safe, no experience necessary yoga. Yoga mats will be provided. This group will be held in the Foundry Resource Room. (Jaime)

### Friday

**Rec Groups-** Meet staff at ICY at time listed on calendar. **Note: some of these outings have a limited number of spaces available and might require you to sign up; if sign up is required it will be indicated on the calendar.** (Jaime + Fernando)