



CANADIAN MENTAL
HEALTH ASSOCIATION
Vancouver-Burnaby Branch



CMHA'S NEW Recreation/Leisure/Volunteer PROGRAM-Get Set & Connect

The **CMHA Get Set & Connect Program** is designed to help individuals living with mental illness, make connections and form meaningful relationships with other individuals through activities in the community. Community inclusion is the goal.

What will the program include?

- Each person in the program will work one on one with a Leisure and Volunteer Community Access Coach
- **Connecting through Activity**- opportunities to participate in groups
Some activity group examples include: ***ping pong groups, walking groups, bowling groups, movie groups, coffee groups, swimming groups, sign language group, photography group, health/beauty/fashion and wellness group, fitness group, hiking groups, travel group and more!!!***
- **Ready, Set, Go, Group**-volunteer preparation course
- **Networking Sessions**: social gatherings twice a month, to showcase success, learn about program opportunities, share leisure and volunteer resources and meet other people

Interested in being part of this EXCITING program??? Register to attend the following orientation:

Thursday April 12th, 2 P.M, Firehall Public Library Branch, 1455 West 10th Avenue, Vancouver

Thursday April 26th, 4 P.M, Sunset Community Centre, 6810 Main Street, Vancouver

Call the Leisure Volunteer Access Coaches to register, or to find out about future orientations:

Brent: 604-872-4902 ext 223

Katy: 604-872-4902 ext 290

Email: leisure.volunteer.vb@cmha.bc.ca

Website: www.vancouver-burnaby.cmha.bc.ca