



Resources, Education, Activities, Connections & Help

Program Guide 2019

**Recreational and Pre-Vocational Opportunities for
Adults with a long-term mental illness and/or Addiction**

The Mental Health REACH Centre is a social, recreational & pre-vocational program for adults (age 18+) who have a diagnosed mental illness and/ or Addiction.

Programs in the REACH Activity Room:

Bingo, Knitting, Crafts, Card games, Drop-in for coffee and a chat, Art classes, Puzzles.

Meet at the Activity Room for these outings:
(examples) bowling, seasonal trips, walking group, shopping.

Programs in the REACH Learning Centre:

Cooking, sewing, woodworking, rug hooking, computers, gardening, reception, knitting, crocheting and other courses as staff, weather and resources permit.

What to expect at the REACH Centre:

- Respect
- Meaningful Activities
- Meeting people with similar experiences
- Opportunities to learn new skills and have fun
- New experiences

To get involved at the REACH Centre:

- Staff will provide you with an application to become a member – this is free.
- Once you are a member you can sign up for classes or activities.
- **Calendars** are available at the REACH Centre that list upcoming events. Please feel free to call us for information if you cannot get in to the Centre to pick up a calendar or visit.
- Is there an activity you would like to see happen at the Centre – let us know!
- Volunteers from within the REACH membership or from the community are always welcome. If you would like to help out with existing programs or start a new one, let the REACH staff know.

We have **two locations** within the Victoria Health Centre Building: The Learning Centre on the 1st floor where the classes are held and the staff offices are located. The other location is the Activity Room which is on the ground floor and hosts our social and recreational programs.

There are programs running in our two outreach communities of Harvey and Mill Cove. Contact our Fredericton centre for details.

Hours and Activities:

Learning Centre, 1st Floor: M, W, F, 9am – 4pm

Activity Room, Ground Floor: Tue & Thurs, 9am – 4pm

*Evening activities usually start at 6pm – look for notices.

Tuesdays and Thursdays, you can drop in for REACH Activities all day. Please only attend the Centre on Mondays, Wednesdays and Fridays if you have signed up for a class or work station.

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