

## Some activities include:

Personal Development  
Mindfulness & Meditation  
Yoga & Qigong  
Yard Maintenance and Gardening  
Leisure & Recreation Activities  
Community Involvement and Volunteering  
Employment Support  
Pre-Employment Programs  
Adopt-A-Block Volunteering  
Computer Skills Training  
Reception Training  
"It's My Life" Self-Advocacy  
Customer Service Training  
Creative Edge Art program  
Community Kitchen Program  
Talking Tobacco  
Wellness Recovery Action Plan  
Goal Setting  
Computer Lab & Internet  
Young Adults  
Leadership Opportunities



"Centennial Place gives people a place to go, learn, play, meet others and obtain work. The programs offered are extremely helpful..."

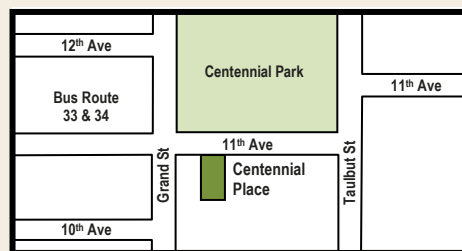
Don Przeczek, Member

If you are interested in finding out more or would like a tour of Centennial Place, please contact us.

Centennial Place is a referral-based program. Talk to your Case manager at Mission Mental Health & Substance Use Centre or your family doctor or private psychiatrist for a referral.

Members must be at least 19 years of age.

## Where to find us



Contact us at  
**604.820.6355**

33032 11<sup>th</sup> Ave, Mission BC V2V-2M3

**Fax:** 604.820.1839

**Email:** [info@centennialplacemission.ca](mailto:info@centennialplacemission.ca)

[www.centennialplacemission.ca](http://www.centennialplacemission.ca)

[www.facebook.com/centennialplacemission](http://www.facebook.com/centennialplacemission)



# Centennial Place

*A place of love, hope and possibilities*



103-2776 Bourquin Cres West  
Abbotsford BC V2S-6A4





*You are never too old to set another goal or dream a new dream.*  
~CS Lewis

## Opening Hours

Centennial Place is open from Monday to Friday from 9:00am to 4:00pm. Some special events may be planned ahead for the weekend or on weeknights.

### **We guarantee four basic rights to our members:**

*A guaranteed right to a place to come  
A guaranteed right to meaningful work  
A guaranteed right to meaningful relationships  
A guaranteed right to a place to return*

## Community Partnerships

Mission Mental Health Centre  
Mission Adopt-A-Block Society  
Mission Friendship Centre  
District of Mission  
Mission WorkBC  
Riverside College  
Mission Chamber of Commerce  
Mission What's On Magazine  
Mission MCC Thrift Store  
Womens Resource Centre of the Fraser Valley  
Mission Downtown Business Association



## Our purpose...

*"Centennial Place supports individuals in achieving their highest potential through nurturing self-worth, purpose and belonging to the community."*

### Community

The clubhouse model, of which Centennial Place belongs to, seeks to demonstrate that all individuals have the ability to manage their mental wellness and live productive and meaningful lives. Centennial Place offers hope, encouragement and opportunities to our members, who reclaim their lives through a supportive environment that focuses on the person's strengths and talents rather than their weaknesses.

We work together as a group and create opportunities for members to return to school, gain employment, connect with others, make new friends and create multiple successes.

### Work Ordered Day

Centennial Place is a community in which members work side-by-side as colleagues to manage all aspects of its day to day running. Recovery starts with the supportive relationships that form when people work together in common cause.

Areas in which members contribute at Centennial Place include; Reception, Coffee bar, Household maintenance and gardening, as well as participating in and facilitating various programs and activities. Through this environment of support, acceptance and commitment to each other, Centennial Place is the perfect place for individuals to improve their mental wellness and overall quality of life.

### Recovery

Recovery is about building a meaningful and satisfying life, as YOU define it. It is about discovering your personal identity, separate from your diagnosis. Hope is central to recovery: you will be able to explore how to awaken more joy in your life and see how others have found a way forward.



## Employment at Centennial Place

Employment is an important part of mental wellness. Work provides more money, a chance to connect to other people, and the opportunity to participate in society as a full citizen as opposed to the stresses of unemployment such as poverty, boredom and social isolation. We offer in house training programs that support individuals in gaining various transferable skills needed to obtain meaningful employment, as well providing reference for those individuals who have developed employment readiness skills through participating in training programs, pre-employment programs and becoming active and contributing members of Centennial Place. We also offer casual employment opportunities through our ongoing partnership with local businesses.