

# Top 10 Reasons Why It's Good to be a Member of the Beacon Club

*By Brent*

1. Members feast on great food cooked by the staff, volunteers and club members.
2. There are many activities to participate in.
3. There are monthly food bank trips for members who are in need.
4. The club gives members a relaxed, laid back place to socialize in.
5. Members at the club have a special bond through their shared mental illnesses.
6. It is a well-staffed club and there are lots of volunteers from the community.
7. The club employs lots of its members to assist in the day-to-day operations.
8. People at the club learn valuable life skills such as how to communicate, get along with others and develop friendships.
9. There are activities for the artists of the club such as Clay Studio and jam sessions.
10. The basic needs in life like love, food, water and friends are all met here at the Beacon Club.

## **Our Funders**

Altrusa Club

Campbell River Community  
Foundation

The Hamber Foundation

Island Health

Julius Becker Forest Ltd.

The Lohn Foundation

Strathcona Regional District,  
Area D

United Way  
Central & Northern  
Vancouver Island

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**A Great Big Thank You to all our  
volunteers!**

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beaconclub.ca**

## **The Campbell River Beacon Club**



***Lighting the Way  
to Wellness***

# About Us



The Campbell River Beacon Club is a community resource for adults who are living with mental illnesses. It is a place where they feel safe and welcome to work on their recovery and enjoy spending time with their peers.

## Club Hours

**Monday**  
11 am-4 pm

**Tuesday**  
11 am-4 pm

**Wednesday**  
11 am—4 pm

**Thursday**  
11 am—4 pm



**Friday**  
11 am—7 pm

**Saturday**  
11 am—4 pm

**Sunday**  
Closed



**What we offer**  
Mon: Mindfulness and Metta  
Tues: Members' Meeting, lunch, Clay Studio  
Wed: lunch, Effective Communication, Food Bank  
Thurs: Bingo, outings\*

Fri: musical jam sessions, pool/crib/ shuffleboard tournaments, dinner, birthday cake, board games

\*horseback riding, fishing, mini golf, bowling, trips to Robert's Lake, Gold River, Port Alberni, Courtenay, Parksville, Coombs, Nanaimo, museums, garden tours, Christmas light tours, craft fairs.

## Other special events:

- HOPE Awards (Health, Optimism, Pride, Empowerment)
- Christmas, Easter, Valentine's, Thanksgiving, Halloween dinners/ parties
- Concerts
- Beach days
- Funky PJ Party
- Spa Days
- In house movie matinees
- workshops



## How to become a member

Adults 19 and over can self-refer, but must have written support from a health care professional. This includes Mental Health and Substance Use clinicians, Assertive Community Treatment Team members, psychiatrists and family doctors.



Annual membership cost is \$2, due upon joining. Renewal is every September. Please contact club staff for a membership form.

## Other fees:

- Friday dinner \$2
- In town activities \$10
- Out of town activities \$15

