

Recreation and Drop-In Services

If you have a mental illness and you have difficulty participating in leisure activities, these services might be able to help you. Recreation and leisure pastimes are important for everybody (whether or not you have a disability). They help us cope with stress, keep us physically healthy, and increase our circle of friends and supports.

Ten Benefits of Recreation

1. Enhancement of positive mood
2. Increase in the quality and quantity of social interactions
3. Improvement in ability to manage stress and develop and use coping strategies
4. Improvement in ability to relieve inner tension, think positive thoughts and concentrate
5. Increase in self-esteem, self-concept and overall sense of competence
6. Increase in activity level and ability to spend free time in constructive ways
7. Improvement in quality of sleep and decrease in need for mental health services
8. Increased ability to apply the benefits and outcomes of recreation to other aspects of life
9. Development of a sense of belonging
10. Enjoyment of recreation for its own sake

Kettle Friendship Society Mental Health Drop-In Centre

604-251-2801

<http://www.thekettle.ca>

Living Room Drop-in Centre (Lookout Society)

604-255-7026

<http://www.lookoutsociety.ca/WhatWeDo/CommunityServices.html>

Motivation, Power & Achievement Society (MPA) Community Resource Centre

Membership-based resource centre with no cost to join

604-482-7800

<http://www.mpa-society.org/crc.php>

Centres can act as drop-ins can provide a range of services such as recreational events, food, or advocacy.

Burnaby Mental Wealth Society

604-433-4829

www.bmws.bc.ca

Burnaby Parks, Recreation and Artistic Services

Offers a number of adapted services. Contact them for up-to-date lists.

604-294-7450

CMHA

Vancouver 604-872-3148

Burnaby 604-526-9606

www.vancouver-burnaby.cmha.bc.ca

Coast Mental Health Clubhouse

604-675-2357

<http://coastmentalhealth.com/clubhouse.html>



Here are some additional services that provide a range of activities and services:

BC Parks and Recreation

Provides contact information for recreational groups and organizations in BC. Also includes a walking program guide.

604-629-2651

<http://www.bcrpa.bc.ca>

BC Sports and Fitness Council for the Disabled

604-598-7890

<http://www.disabilitysport.org>

Kickstart

Presents, produces and promotes works by artists with disabilities.

604-292-1296

<http://www.s4dac.org>

Vancouver Parks & Recreation Adapted Programs

604-257-8500

A list of adapted aquatic and fitness programs may be found at the following web-site:

<http://vancouver.ca/PARKS/rec/access/adapted.htm>

Volunteer BC

604-873-5877

<http://www.volunteerbc.bc.ca>

Volunteers in Partnership Program – CMHA

Volunteers provide non-professional one-to-one support for participants who have experienced mental illness.

604-872-4902

<http://vancouver-burnaby.cmha.bc.ca/services/crs/vip>

Notes