

WHO WE ARE

We are the CEED Centre Society, a **registered charity** creating connections within our community in Maple Ridge and Pitt Meadows. At the CEED Centre Neighbourhood House, we host programs free to the community. From lively community discussions to our Senior Tech Buddies program, everything we do contributes to a **sense of belonging** and **enhances our understanding of sustainable living**.

HOW TO GET INVOLVED

VOLUNTEER. Join a dedicated group of volunteers who make the CEED Centre a welcoming place.

DONATE. Help our Neighbourhood House thrive by donating in person or via our website. Your contribution means we can continue offering low-barrier programming to community members seeking support and connection.

YOUR \$10 ANNUAL MEMBERSHIP

Allows staff to mobilize dozens of volunteers running diverse programs and services. Your membership and donations support free programs and facility upkeep.

CONTACT US

Drop-In Hours

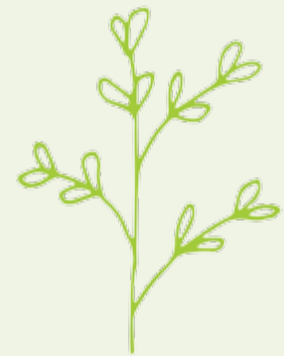
Tuesday - Wednesday 10:00 am - 4:30 pm
11739 223rd St., Maple Ridge, B.C. V2X 5X8
community@ceedcentre.com
604-463-2229
www.ceedcentre.com



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*“ We connect people to the
community and help them live
sustainably.”*

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CEED CENTRE SOCIETY



WEDNESDAY'S COMMUNITY DISCUSSIONS

Wednesdays 10:00 am - 12:00 pm

Join us for a lively, free-flowing discussion to find out what's going on in the community and how to get involved. Bring a topic of interest or just listen and share your thoughts on the topics that arise!

COMMUNITY COMPUTER PROGRAM

Tuesdays & Wednesdays 10:00 am - 4:30 pm

We offer free access to the Internet, computers and printing. We also teach basic skills and help you learn these technologies during regular operating hours. Training available by appointment.

CANADAGROWSMART

<https://www.ceedcentre.com/canadagrowsmart-alternatives-to-pesticides.html>

Learn and be informed about pesticide alternatives on our website. We advise you on how to avoid using pesticides for cosmetic purposes on lawns and gardens so your family and pets can breathe more easily.

COMMUNITY GARDENS

We offer planting beds to individuals at our organic community gardens. This is a great opportunity to connect with the community and learn to garden. Contact us for availability or join a wait list.

SENIORS ACTIVITY GROUP EH! (SAGE)

Tuesdays 10:00 am - 12:00 pm

Share humour, refreshments and conversation in an inclusive group with a special place in their hearts for people with dementia and their caregivers. The primary focus is social activities — but there are plenty of opportunities to share vital information and stories together.

SEWING CEEDLINGS

Thursdays 1:00 pm - 4:00 pm

Imagine people with differing levels of sewing skills coming together over a fundraising project--to make and sell cushion covers. Then discover that this group offers a fantastic way to find companionship, share knowledge, exchange ideas and express artistic talents. And you will come up with the Sewing CEEDlings as they call themselves. Some come with little experience with sewing machines and surgers, while others are experts. All are welcome.

SENIOR TECH BUDDIES

By appointment

Our tech peers help you with your devices: smart-phones, laptops, and tablets. You can learn at your pace with as many sessions as you need to master your technology. In some cases, we can even lend you devices for extended periods of time, including laptops, tablets, cameras and computer mice.

CEED CENTRE ART GROUP

Tuesdays 1:00 pm - 3:00 pm

Connect with the community in a space where artists of all abilities come together to paint or draw, share conversations and teach each other! Bring your own art supplies — we supply the tables, chairs and drop cloths. Display your art in our annual festivals.

CEED POD

<https://ceedpod.buzzsprout.com>

Tune into a podcast that tackles complex issues affecting our local area. Our hosts share diverse perspectives and experiences with you! Find CEED Pod on your favourite podcast host.

CEED CENTRE FARM MARKET

Thursdays 4:00 pm - 8:00 pm

This social enterprise supports our free programs and strengthens local food security. We offer fresh produce from small local farms for you to buy mid-May to September. We host a café in the garden pavilion so you can enjoy local artists, writers and poets performing on our stage.

VELOORGANIX YOUTH ECO – EMPLOYMENT

We invite youth ages 16-24 who are coping with anxiety and other mental health issues to participate in this eco-employment support program. The electric cargo trike is designed to replace polluting vehicles with carbon-emissions-free transport. Youth ride it to help deliver groceries, pick up compost and take isolated seniors on outdoor excursion in the local area.