

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 and heritage conservation to our community gardens, 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.

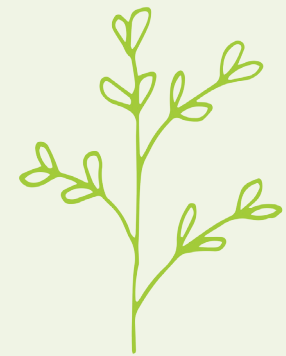
BUY LOCAL. Alouette Growers is our social enterprise. It's an online farm market that delivers fresh produce direct from local farms to you. <https://alouettegrowers.ca>

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.



" We connect people to the community and help them live sustainably. "



CEED CENTRE SOCIETY



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

WEDNESDAY COMMUNITY DISCUSSIONS

Wednesdays 10:00 am - 12:00 pm

Join us for lively, free-flowing discussions 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.

HERITAGE CONSERVATION

Japanese Canadians comprised a third of the Maple Ridge area until the government forced them to leave in 1942. The CEED Centre Neighbourhood House occupies one of the few structures built by this community that remains from that era. We have created interpretive exhibits to help reclaim their history. And we hope to build a place-based archive of the stories, photos and memorabilia from the pre-1942 *Nikkei* community in this area to help future generations understand their origins.

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.

ALOUETTE GROWERS ONLINE FARM MARKET

<https://alouettegrowers.ca>

This social enterprise supports our free programs and strengthens local food security. We offer fresh produce from local Maple Ridge and Pitt Meadows farms that gets delivered to your doorstep. Sign up now as a customer or producer. alouettegrowers.ca.

SEIKO UDOKU EXHIBIT

Seiko Udoku is a permanent art installation by Cindy Mochizuki featuring 230 miniature porcelain figurines on the walls and 64 cedar sockeye salmon on the ceiling of the CEED Centre Neighbourhood House. It was created to reflect the lives and experiences of Japanese Canadians living on 230 local farms that were confiscated from them during the Second World War. We are grateful to the Japanese Canadian Legacies Society for their support of this project.