

WHO WE ARE

We are the CEED Centre Society, a charitable **non-profit organization** creating connections within our community in Maple Ridge. 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**.

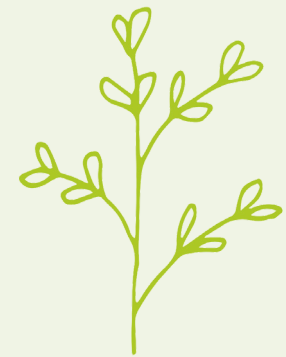


HOW TO GET INVOLVED

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

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

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



YOUR \$10 ANNUAL MEMBERSHIP

Allows staff to mobilize dozens of volunteers running numerous programs and services. Your membership and donations help 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

WEDNESDAY 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 services. We also teach basic skills and help you learn these technologies during regular operating hours. Available by appointment.

CANADAGROWSMART

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 some tips on gardening. Contact us for availability and how to participate.

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.

SENIORS PARTY LINE

We subscribe to a teleconferencing platform that allows your small group of people to use a familiar device—the telephone—to participate in programs and activities from home. This program is great for support groups with members that lack computers or are uncomfortable with the complexity of computer-based video conferencing platforms. We help your facilitator manage the group sessions. Available by appointment.

SENIORS TECH BUDDIES

Our teams of tech peers—a youth paired with a senior—help with your devices: smartphones, laptops, or tablets. You can learn at your own pace with as many sessions as you need to master your technology. We also have devices that we can lend you for extended periods of time, including laptops, tablets, web cameras and computer mice. Available by appointment.

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.



CEED POD

Tune into a podcast that tackles complex issues affecting our local area. Our team of hosts share diverse perspectives and experiences to entertain and inform you. Find the latest episodes at <https://ceedpod.buzzsprout.com>.

VELORGANIX YOUTH ECO – EMPLOYMENT

We invite youth ages 16-24 coping with anxiety and other mental health issues to participate in this eco-employment program. The electric cargo trike is designed to replace polluting vehicles with carbon-emission-free transport. It is ridden by the youth to help deliver groceries, pickup compost and take isolated seniors on outdoor excursion in the local area.

