

# Abby House July 2022 Calendar

## SUMMER OF WORK AND PLAY

Clubhouse Hours Monday-Friday 9am-4pm (Thursdays from 2pm-6pm for Young Adults)

One-on-One Appointments - Available Daily - If you would like to meet with staff via Zoom, Facebook or In-person please call or text to make an appointment.

### How to Connect With Us

Call or Text: 604-302-6001

Facebook: <https://www.facebook.com/abby.house.39>

### Email:

**Jamie:** [jamiem.ccs@gmail.com](mailto:jamiem.ccs@gmail.com)

**Christine:** [christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com)

Website: <https://www.creativecentresociety.org>

### MASKS ARE REQUIRED INSIDE THE CLUBHOUSE

Vaccinations are not required to access clubhouse, but some outings and events in the community may require vaccinations. See calendar for details or speak with staff. If you are feeling unwell or have any cold or flu symptoms please connect with us virtually and do not attend in person programs.

Funding provided by:



Creative Centre Society For Mental Wellness



BC HOUSING

# SUMMER OF WORK AND PLAY ABBYHOUSE JULY 2022 CALENDAR

Clubhouse is closed Friday, July 1st for Canada Day and July 22nd for Staff Training

<b>Mondays</b>
10am-3pm– Lawn Maintenance Supportive Employment (In-person on location) 10am– Coffee Group ( In-Person @ Seven Oaks Mall Food Court) 12pm– Men’s Group (In-Person @ The Hall)
<b>Tuesdays</b>
9:30am–Recovery Support Training (RST) Closed Group over Zoom 11am– Employment Scavenger Hunt (In-person @ Seven Oaks Mall Food Court) 12pm– Lunch at the Sikh Temple (Meet In-person @ The Bourquin Bus Exchange) 2pm– How do I become Work Ready? (Facebook)
<b>Wednesdays</b>
10am– Coffee Group (In-Person @ Seven Oaks Mall Food Court) 11am– Naloxone Training and Overdose Conversations (Facebook) 12pm– Volunteer, Lunch and Games (In-person @ Mill Lake Park)
<b>Thursdays</b>
9:30am–Recovery Support Training (RST) Closed Group over Zoom 11am–Lunch at The Salvation Army (Meet In-person @ The Hall) 2pm- Work Place Wellness Discussions (Facebook) 2pm- YA2 (Virtually or In-Person) **see page 3 for details** 4pm– Young Adults (In-Person) **see page 3 for details**
<b>Fridays</b> <b>**except July 1st and July 22nd**</b>
10am– Employment Skills Conversations (Facebook) 11am– Fun Fridays (Meet In-person @ The Hall)

## CLUBHOUSE EVENTS

\*\*\*sign up is required 3 days in advance for all events, space is limited\*\*\*

### July 8th: Movie and Discussion 11am:

Enjoy a movie with your peers and chat about the story line afterwards.

### July 15th: Forest Exploration 11am:

Enjoy the therapeutic benefits of visiting some of our local forested areas.

### July 18th Men's Group Outing 12pm:

Smokies over the fire at Matsqui Trail Park along the Fraser River.

### July 19th, Nutrition Group 12pm:

Learn how your nutrition affects your mental and physical wellness.

### July 29th: Rock Collecting 11am:

Scour the shores of the river for your favorite stones and/or agates.



# Young Adults Program

Group activities happen at The Hall, in the community or virtually

This program is designed for those between the ages of 19-30. It runs Thursdays from 2-6pm in-person and/or virtually. We are running two programs each Thursday; talk to Christine about which is a better fit for you. Generally, YA2 is from 2-3pm and Young Adults is from 4-6pm.

If you have any questions please contact Christine.

Call or text 604-302-6001 or email [christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com)

All Abby House staff members are also available for one on one support by appointment.

## July 7th

YA2 2-3pm: Virtually over Zoom

Young Adults 4-6pm: In-person @ The Hall

### Work Readiness Discussions

Together we will share ideas on how to become ready to think about working, applying for jobs and being prepared for an interview.

## July 14th

YA2 2-3pm: In-person

Young Adults 4-6pm: In-person

### Games Night

Lets play some games!

We had so much fun playing Apples to Apples last month. Lets try playing Yahtzee this time.



## July 21st

YA2 2-3pm: In-person

Young Adults 4-6pm: In-person

### Bocce Ball at Mill Lake Park

Meet at Mill Lake Park beside the ball diamond on Mill Lake Road, just down the street from the bus exchange. We will have a friendly competition of bocce ball. Bring your friends and family.



## July 28th

YA2 & Young Adults 1-6pm: In-person

### White Rock Pier/Beach Outing

\*\*\*\*sign up is required for this outing, seats are limited to 10\*\*\*\*

Meet at The Hall at 12:30pm and we will head out to White Rock to enjoy the beach and some dinner.

Make sure you pack a swimsuit or swim trunks and a towel.

# WORK PROGRAMS

**Employment Scavenger Hunt:** Each Tuesday at 11am we will meet in the food court at The Seven Oaks Mall. You will have different tasks each week. Some examples are; getting 3 job applications, speaking with 3 different employees about their job, taking your resume to 2 stores and so much more.

**How do I become Work Ready:** Tuesdays at 2pm on Facebook discuss what things we need to do to prepare ourselves for getting a job. Some of the topics will include physical stamina, transportation, routines, nutrition and more.

**Work Place Wellness Discussions:** Whether your work is already being affected by your mental health or you want to maintain your well-ness at work, this is a great place to talk about and learn how to use your wellness tools. Make your job more enjoyable and sustainable. Thursdays at 2pm we will be on Facebook to talk about how to use your wellness tools in the workplace.

**Employment Skills Conversations:** Bonnie, The Vocational Counsellor with the Abbotsford Mental Health Centre, will be supporting us on Facebook on Fridays at 11am to discuss many work related topics like resume/interview tips, anxiety, disclosure, the employment standards act and so much more.

**Join our Job Club:** Employment support is available virtually or in-person by appointment. We can support you with job search, resume building, interview skills, computer skills etc. You can also participate in any of our employment readiness programs listed above. Contact the staff for more information or to make an appointment.

**Lawn Maintenance Supported Employment:** This program provides an opportunity for members to gain work experience in a supported environment in this rehab training program. The members are paid a stipend at minimum wage rate and have the ability to participate in the program for up to 2 years (or 2 seasons) with the goal of obtaining the skills to then pursue competitive employment. Each week the Lawn Maintenance Crew works from 10am to 3pm to maintain residential/commercial lawns throughout Abbotsford. If you are interested in joining the supported employment program please connect with staff to be put on the list.

**Therapeutic Volunteer Program (TVP):** This program is designed for individuals living with mental health challenges who want to begin a journey towards meaningful work. TVP supports members to find and obtain meaningful volunteer work. The program runs for a period of 12 months. Participants can volunteer a minimum of either 5 or 10 hours per month for which they will receive a \$50 or \$100 honorarium. Connect with Christine if you are interested in this program to be added to the waitlist.

The word "SUMMER" is written in large, colorful, textured letters. Each letter is filled with a different vibrant color and pattern, such as watercolor splashes or abstract designs. The colors include shades of pink, purple, blue, green, and red. The letters are set against a solid yellow background.

# PLAY PROGRAMS

**Coffee Group:** Join this member facilitated group on Mondays and Wednesdays at 10am in the food court at Seven Oaks Mall. Play cards/cribbage, check in with each other or meet someone new.

**Lunch in The Community:** On Tuesdays at 12pm we will meet at The Bouquin Bus Exchange and walk to The Sikh Temple for a free lunch. On Thursdays at 11am we will meet at The Hall and walk to The Salvation Army for a free lunch.

**Volunteer, Lunch and Games at The Park:** Let's keep Mill Lake Park clean. On Wednesdays at 12pm we will walk around and clean up garbage in a section of the park. Afterwards we will enjoy lunch and play games together.

**Movie and Discussion:** Friday, July 8th at 11am. Watch a movie at The Hall and discuss the storyline over coffee in the parking lot afterwards.

**Forest Exploration:** Friday, July 15th at 11am. Meet at The Hall for a ride or meet us there. We are going to Ellwood Park to explore what our local forests have to offer and what types of therapeutic activities we can do there.

**Men's Group Outing:** Monday, July 18th at 12pm. Meet at The Hall for a ride or meet us there. The Men's Group will enjoy smokies over the fire at Matsqui Trail Park, located at 6550 Tall Road.

**Rock Collecting:** Friday, July 29th at 11am. Meet at The Hall for a ride out to Gill Road for a chance to search for our favorite rocks or agates.

**\*\*\*\*Be sure to sign up in advance for all of our fun summer activities\*\*\*\***

# RESOURCES

**Supplies available at the Clubhouse:** Naloxone kits, male/female condoms, feminine hygiene products.

**Food Security:** If you are in need of food, please connect with us. We can help.

**One-on-One Computer Support:** Please contact the staff to schedule one-on-one computer support or to use one of our computers for job/housing search or personal connections/interests.

**Naloxone and Overdose Prevention Information:** Please connect with staff if you are interested in Naloxone training or would like information on overdose prevention. We also have Naloxone take home kits available.

**Community Resources:** If you would like support finding resources that are not offered at Abby House please connect with staff. We would be happy to help you find the community resource that will fit your needs.