

Abby House November 2023

Program Calendar

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

Clubhouse is temporary located at 33889 Essendene Avenue. Connect with staff for directions.

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

Christine: christinecruickshanks.ccs@gmail.com

Sunny: sunnysangha.ccs@gmail.com

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

Funding provided by:



Creative Centre Society For Mental Wellness



Mondays closed November 13th

10am–Coffee Group (In-Person @ Seven Oaks Mall Food Court)
11am–One to One Employment Support Appointments (Virtually)
12pm– Worry and Ruminations (Zoom)
1pm– Mindfulness and Meditation (Facebook)
2pm– Job Postings (Facebook)

Tuesdays

10am–How do I Become Work Ready? (Facebook)
11am–Mental Health Support Group (Zoom)
12pm–Anxiety/Depression Support Group (In-person at The Hall)
1pm - GPU Mental Health Support Group (Staff @ GPU at ARH **Closed Group**)
2pm– Transferable Job Skills (In-Person on Location 2676 Gladys Avenue)

Wednesdays closed November 29th

10am–Coffee Group (In-Person @ Seven Oaks Mall Food Court)
11am–One to One Employment Support Appointments (In-Person @ The Hall)
12pm–Men's Group (In-Person @ The Pool Hall) **except Nov 15th**
1pm- CRESST (In-person @ The Hall **Closed Group**)
2pm-LGBTQ2S+ Resources (Facebook)
230pm- Diversity in the Community (Facebook)
3pm-Naloxone Training and Overdose Conversations (Facebook)

Thursdays closed November 9th

10am–Mountain View Support Group (Staff @ Mountain View Home **Closed Group**)
11am– South Asian Community Group (In-person @ The Hall)
12pm–Women's Group (In-person @ The Hall) **except Nov 23rd**
1pm-Boundaries Discussions (Zoom)
2pm- YA2 (Virtually or In-Person) **see page 3 for details**
4pm–Young Adults (In-Person) **see page 3 for details**

Fridays

10am– Age 55+ Community Resources (Facebook)
11am-Work Place Wellness Discussions (Facebook)
12pm–Mindful Painting (In-Person @ The Hall) **except Nov 3rd & 17th**
1pm-Community Employment Resources (Facebook)
2pm-Food Resources in the Community (Facebook)

Clubhouse is closed on the following days:

November 9th, 13th & 29th

CLUBHOUSE EVENTS:

For details of these events please see pg.6

Armchair Traveller

Friday, November 17th at 12-1pm

COMMUNITY EVENTS:

For details of these events please see pg.7

Brunch by donation at Cascade Community Church

Join the Remembrance Day Ceremony at
Thunderbird Memorial Square

Visit the Clearbrook Library for the Local Author Fest

Enjoy a Symposium on Technology at
Matsqui Centennial Auditorium

COMMUNITY EMPLOYMENT EVENTS:

Diversity Virtual Job Fair

Thursday, November 2nd 11am-2pm

Entry Level Virtual Job Fair

Thursday, November 9th 11am-2pm

Technology Job Fair

Friday, November 10th 11am-2pm

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 generally runs Thursdays, from 2-6pm in-person and/or virtually. We are generally 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

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

Wednesday, November 1st Thursday, November 2nd & Friday November 3rd

YA2 & EPI 1-3pm

Young Adults 4-6pm

Mini WRAP (Wellness Recovery Action Plan) Workshop

Attend this workshop to go through the most impactful parts of a WRAP. Learn about yourself and what you can do every day to get well and maintain your wellness

****sign up is required, space is limited****

Thursday, November 9th &

Thursday, November 23rd

**THERE ARE NO YOUNG ADULT
PROGRAMS SCHEDULED FOR
THESE DAYS**

Thursday, November 30th

YA2 & Young Adults 6pm-8pm

Outing to Dragon Fort Restaurant

By popular request we are going out for dinner together to have Chinese Food.

Meet at The Dragon Fort Restaurant at 2421 Pauline Street at 6pm. Dinner is on us.

****sign up is required, space is limited****

Thursday, November 16th

YA2 2pm-3pm

Young Adults 4pm-6pm

Planning for Future Programs

Enjoy some hot beverages and snacks while we discuss as a group what types of education, outings, giving back and cooking we want to do over the next few months.

Welcome

EMPLOYMENT PROGRAMS

Job Postings: Mondays at 2pm on Facebook we will be discussing active local job postings and how you can access them.

How do I Become Work Ready?: Tuesdays at 10am 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.

Transferable Job Skills Training: This program is going to help people learn skills that are transferable. These are skills that are useful for any job you will apply for. These skills include things like being on time, communications, following instructions, learning new things, accepting feedback and more. For the month of June we will be working on Following Instructions. If you want to practice how to read or hear instructions and know what to do next meet us at Abby House at 2676 Gladys Avenue. Be in the driveway in front of the house at 2pm Tuesdays. If you are interested in joining this program please contact Christine through text, call or email.

Work Place Wellness Discussions: Whether your work is already being affected by your mental health or you want to maintain your wellness 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. Fridays at 9:30am we will be on Facebook to talk about how to use your wellness tools in the workplace.

Community Employment Resources: Join us on Fridays at 10:30am on Facebook to discover what other employment resources are available to you in our community.

One to One Employment Support by Appointment: Want to find meaningful work? You can get support Virtually on Mondays from 11am to 12pm or In-Person on Wednesdays from 11am-12pm. Everyone is in a different place on their employment journey and we can support you with job search, resume building, interview skills, computer skills and much more. Connect with staff to make an appointment.

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 must volunteer with an organization in the community and work a minimum of either 5 or 10 hours per month for which they will receive a \$50 or \$100 honorarium. Email Jamie at jamiem.ccs@gmail.com if you are interested in this program to be added to the waitlist.

Community Employment Events: This month there are multiple virtual job fairs listed on Eventbrite. If you would like support to register or attend any of them please contact staff to book a time to use a device or bring your own. You will need to register for the job fair in advance through Eventbrite.ca.



PERSONAL LIFE/SKILLS BUILDING PROGRAMS

Worry and Rumination: Mondays over Zoom at 12pm learn new skills to change how you think and help manage the worry and rumination.

Mindfulness & Meditation: Follow a Mindfulness or Meditation video on Facebook on Thursdays at 11am. Discuss your experience in the comments section.

Mental Health Support Group: Get support from each other in group discussions on Zoom Tuesdays at 11am. Contact staff for the Zoom Link.

Anxiety/Depression Support Group: As a group we will discuss coping strategies and some of the things we can do every day to help manage and lessen our symptoms over time.

Men's Group: Chat with other men that are experiencing some of the same things you are. Learn from each other and share coping skills and set goals Wednesdays at The Hall at 12pm.

LGBTQ2S+ Resources: Wednesdays at 2pm, join us on Facebook to learn about the resources that are available.

Diversity in the Community: Let's learn about other cultures in our community. Talk about their history, achievements, contributions, local events and more. Join us on Facebook on Wednesdays at 2:30pm.

Naloxone Training and Overdose Conversations: Wednesdays at 3pm on Facebook watch a training video, read an article or browse a website for overdose resources. Have a discussion in the comments section.

South Asian Community Group: Are you part of the South Asian community and are looking for support from others in your culture? Join Ameek and Bobbi to have group discussions about the things you experience in your daily life.

Women's Group: Join a community of women who are like minded and want to work on their wellness. Discuss health topics related specifically to women.

Boundaries Discussions: Learn the importance of having healthy boundaries and how they can impact your life. Practice setting and maintaining boundaries a little at a time.

YA2: This group is for Young Adults between the ages of 19-30. Join us on Thursday afternoons usually between 2pm-3pm for a different activity each week. This group partners monthly with the EPI (Early Psychosis Intervention) group and is designed for those who are not quite ready to join a big group. There are only ever a maximum of 6 participants. See Page 3 of the calendar for full details of the activities.

Young Adults: This group is also for Young Adults between the ages of 19-30 and is held on Thursdays from 4-6pm in-person at The Hall. Join your peers for a fun, free activity each week. See Page 3 of the calendar for full details of the activities.

Age 55+ Community Resources: Fridays at 9am on Facebook we will post a free/low cost community resource for anyone over the age of 55.

Food Resources In Community: If you are in need of food, join us on Facebook on Fridays at 10am to discover what free or very low cost resources are available in our community. If you are in need of support to access these resources please connect with staff.

SOCIAL/RECREATIONAL PROGRAMS

WEEKLY PROGRAMS:

Coffee Group:

Join this member facilitated group on Mondays and Wednesdays at 10am in the food court at Seven Oaks Mall. Play Yahtzee, Cards or Cribbage. If you don't choose games then check in with each other or meet someone new.

Painting Class:

Enjoy this mindful painting group on most Fridays at 12pm at The Hall. Create a unique piece of art and feel the therapeutic benefits of this mindfulness activity.

CLUBHOUSE EVENTS:

*****sign up is required in advance for all events, please contact staff to sign up*****

Armchair Traveler:

Monday, October 30th at 1-2pm. You can join us at The Hall or over Zoom to begin our first stop on our virtual tour of Canada. We will be starting with the Yukon and then over the next months we will be visiting a different place in Canada.



FREE COMMUNITY EVENTS

The City of Abbotsford has some FREE events you can attend:

Watch the Remembrance Day Ceremonies at Thunderbird Memorial Square, located outside the Clearbrook Library, at 10:30-11:30am. Light refreshments and bathrooms will be provided by The Reach Art Gallery. You are also invited to head to the Abbotsford Legion Branch 15 for light refreshments after the ceremony at 2513 W Railway Street. The city will also be livestreaming the events on their website

For full details visit: <https://www.abbotsford.ca/community-events/events-abbotsford/remembrance-day>

Follow this link for more events and the full descriptions of all events: <https://www.abbotsford.ca/eventsinabbotsford/events-calendar>

The Reach Art Gallery and Museum

Follow the link for a current list of their art exhibitions like Voices of the Valley, Drawn From Water and more.

<https://thereach.ca/current/>

The Fraser Valley Regional Library

The Clearbrook Library has multiple events and programs for free.

Getting a library card has never been easier and it gives you access to free events, programs, borrowing musical instruments and equipment, the online research database, the Libby App where you can borrow e-books and audio books and so much more.

Follow the link for all of the Clearbrook Library events.

<https://fvrl.bibliocommons.com/v2/events?locations=CB>

Christmas Brunch and Bake Sale at Cascade Community Church

Enjoy a delicious brunch by donation and check out all of the vendors at the Christmas Bake Sale.

Held at the Cascade Community Church located at 35190 Delair Road on Saturday, November 25th from 10am-12pm

Virtual Job Fairs for November

Diversity Job Fair

Thursday, November 2nd 11am-2pm

https://www.eventbrite.ca/e/abbotsford-job-fair-abbotsford-career-fair-tickets-565743743767?aff=ebdssbdestsearch&keep_tld=1

Entry Level Job Fair

Thursday, November 9th 11am-2pm

Follow the link or visit eventbrite.ca to register

https://www.eventbrite.ca/e/abbotsford-job-fair-abbotsford-career-fair-tickets-565731396837?aff=ebdssbdestsearch&keep_tld=1

Technology Job Fair

Friday, November 10th 11am-2pm

Follow the link or visit eventbrite.ca to register

https://www.eventbrite.ca/e/abbotsford-job-fair-abbotsford-career-fair-tickets-651244789697?aff=ebdssbdestsearch&keep_tld=1

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.

OTHER MENTAL HEALTH SERVICES

Groups offered at the Abbotsford Mental Health Centre: Each of these groups are referral services and there are eligibility criteria. You can be referred to these groups by your case manager at the mental health centre or your family doctor.

Depression Group: This group is an 8 week CBT workshop happening on Mondays at 10am.

Anxiety Group: This group is a 12 week skills building and exposure therapy workshop happening on Wednesdays at 10am.

Eating Disorders Program: If you are dealing with anorexia nervosa, bulimia nervosa or avoidant/restrictive food intake disorder.

DBT (Dialectic Behaviour Therapy): If you have a Borderline Personality Disorder diagnosis you can join this group.

Groups offered in The Community:

Mood Disorder Association of BC Support Groups:

Abbotsford Adult Support Group: This mood disorder group meets every Thursday at 7pm currently online. To join the group or for more information email: mda.abbotsford@gmail.com

Abbotsford Faith-Based Support Group: This mood disorder group meets the 2nd and 4th Friday of each month from 12pm-2pm at Central Heights Church, located at 1661 McCallum Road. Drop-In is welcome.