

Abby House Clubhouse

May 2024 Program Calendar

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

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

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 are 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.



Funding provided by:



Mondays	Closed May 20th
10am–Coffee Group (In-Person @ Seven Oaks Mall Food Court) 11am–One to One Employment Support Appointments (Virtually) except May 6th 12pm– Men’s Group (In-person at The Hall) except May 6th 1pm– Worry and Rumination (Zoom) except May 6th 1pm- CRESST (Staff @ CRESST *Closed Group*) 2pm– Mindfulness & Meditation (Facebook)	
Tuesdays	
10am–Employment Conversations with Grace (Facebook) 11am-Mental Health Support Group (Zoom) except May 7th 12pm-Anxiety/Depression Support Group (In-person at The Hall) except May 7th 1pm - GPU Mental Health Support Group (Staff @ GPU at ARH **Closed Group**) 2pm– Transferable Job Skills (In-Person on Location 2676 Gladys Avenue)	
Wednesdays	
10am–Coffee Group (In-Person @ Seven Oaks Mall Food Court) 11am–Diversity in the Community (Facebook) 12pm– Healthy Relationship Discussions (In-Person @ The Pool Hall) except May 8th 1pm-LGBTQ2S+ Resources (Facebook) 2pm-Naloxone Training and Overdose Conversations (Facebook)	
Thursdays	Closed May 23rd
10am–Mountain View Group (Staff @ Mountain View **Closed Group**) 11am–South Asian Community Group (In-person @ The Hall) except May 2nd & 9th 12pm–Women’s Walking Group (In-person @ Mill Lake Park) except May 9th 1pm-Boundaries Discussions (Zoom) except May 9th & 16th 2pm- YA2 (Virtually or In-Person) **see page 3 for details** 4pm–Young Adults (In-Person) **see page 3 for details**	
Fridays	
10am-Work Place Wellness Discussions (Facebook) 11am-Age 55+ Community Resources (Facebook) 12pm–Food Resources in the Community (Facebook) 1pm-Community Employment Resources (Facebook)	

Clubhouse is closed on May 20th & May 23rd

CLUBHOUSE EVENTS:

full details of all events on page 6

Mental Health Week May 6th-10th:

This years theme for Mental Health Week with CMHA is Compassion Connects with a Call to be Kind. Let’s spread kindness in our community. We will have a different activity each day and a kindness challenge for the week.

See page 6.

Mindful Painting May 24th

Come to the hall to create a unique piece of art.

Albert Dyck Park Nature Walk May 31st:

Friday, May 31st 1pm-3pm.

****sign up is required for a ride****

A CALL TO BE KIND



Because
compassion
connects us all.

#CompassionConnects

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. You will have the opportunity to learn and develop practical and social skills, build independence and confidence while connecting with other young adults that experience mental health barriers. 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.

Thursday, May 2nd

YA2 & EPI 2-4pm

Young Adults 4-6pm

One on One Quality of Life Questionnaire and Recovery Plan & WDA Assessment Appointments:

Christine will make appointments with each person who is due to complete this annual paperwork.

Thursday, May 9th

YA2 & Young Adults are all invited to the Call to be Kind Mental Health Week Celebration

Join us at The Hall from 11am to 1pm.

Thursday, May 23rd

Clubhouse is closed today so there is no program scheduled.

Thursday, May 16th:

YA2 Community Coffee Group 2-3pm

Get together with 4-5 of your peers for a free coffee at McDonalds on Bourquin across from Seven Oaks Mall. Please text and confirm your spot with Christine.

Young Adults 4-5pm & 5-6pm

Naloxone Training and Overdose Conversations

Want to learn how to administer Naloxone? Please text Christine to sign up for one of the time slots.

Thursday, May 30th

YA2 & Young Adults 1-6pm Fort Langley Outing

We will meet the Chilliwack and Mission Clubhouses for a walk through the park and learn about the history of the Hudson's Bay Company fur trading post that recreates life in the 1800's.

Meet at The Hall at 1pm to arrive at Fort Langley by 2pm and leave between 4- 5pm to return at 6pm.

****signup is required by Wednesday, May 15th****

EMPLOYMENT PROGRAMS

Employment Conversations with Grace: Tuesdays at 10am on Facebook join a discussion with Grace, the new Vocational Counsellor at the Mental Health Centre. Some of the topics may include work readiness, transportation, routines, nutrition, resume building, transferrable skills, learning about The Employment Standards Act and more. If you have any suggestions of things you would like to learn from Grace please join the discussions and let her know.

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: We will be on Facebook on Fridays at 10am to discuss the things we do to become well so we can work, the things we do to prepare for working, the things we do to stay well while we are working and how to encourage a culture of mental health wellness in our workplaces for future employees

Community Employment Resources: Join us on Fridays at 1pm 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 10 hours per month for which they will receive a \$100 honorarium. Email Jamie at jamiem.ccs@gmail.com if you are interested in this program to be added to the waitlist.



PERSONAL LIFE/SKILLS BUILDING PROGRAMS

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 Mondays at The Hall at 12pm.

Worry and Rumination: Mondays over Zoom at 1pm 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 Mondays at 2pm. 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.

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 11am.

Healthy Relationships Discussions: Wednesdays at 12pm at The Hall come and discuss what you think a healthy relationship is and how we manage our own relationships to either become or stay safe for us.

LGBTQ2S+ Resources: Wednesdays at 1pm, join us on Facebook to learn about the resources that are available.

Naloxone Training and Overdose Conversations: Wednesdays at 2pm on Facebook watch a training video, read an article or browse a website for overdose resources. Have a discussion in the comments section.

Women's Walking Group:

South Asian Community Group: Are you part of the South Asian community and are looking for support from others in your culture? Join Sunny at The Hall on Thursdays at 11:30am to have group discussions about your mental health and how it affects your daily life.

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. Group is on Zoom on Thursdays at 1pm.

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. You will have the opportunity to learn and develop practical and social skills, build independence and confidence while connecting with other young adults that experience mental health barriers. See Page 3 of the calendar for full details.

Age 55+ Community Resources: Fridays at 11am 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 12pm 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.

The group sits at a couple of the tables right in front of the A&W.

Play Yahtzee, Cards or Cribbage. If you don't want to play games then check in with each other or meet someone new.

If you are new to the clubhouse and want to attend coffee group please let staff know so we can support your first visit.

Mindful Painting Class:

Enjoy this mindful painting group on Friday May 24th from 12-2pm at The Hall.

Create a unique piece of art and feel the therapeutic benefits of this mindfulness activity. No experience is needed and we supply everything.

CLUBHOUSE EVENTS:

Mental Health Week #CompassionConnects with a Call to be Kind:

Monday May 6th-Friday May 9th Community Kindness Challenge

We encourage you to spread kindness in the community. Each morning there will be a Facebook Post where you can comment throughout the day and let us know the kind things you did for someone else that day. Some example of things are holding the door open, giving compliments, cooking, cleaning, giving a ride, send a thank you note, clean up garbage in a park, and so much more. Each time you comment about a kind act you completed we will enter your name into a draw for a prize. Winner will be drawn on Thursday at our celebration.

Monday, May 6th 11am-2pm Kindness Rocks Painting at The Hall

Paint a rock with a kind/compassionate word or phrase and we will distribute the rocks around Mill Lake on Wednesday.

Tuesday, May 7th 11am-1pm Share your Compassion Experiences at The Hall

Have a coffee or tea and share a time where someone else's kindness/compassion towards you made a difference in your day or life.

Wednesday, May 8th 11am-1pm Spread Kindness Walk at Mill Lake Park

Continue our annual tradition of displaying our painted rocks around the lake. Take a stroll around the lake to spread kindness in our community. People will enjoy seeing our words of kindness during their walks.

Thursday May 9th 11am-1pm Celebrate our Kindness Challenge at The Hall

Join us to celebrate kindness and compassion. Have lunch, play games and find out who will be drawn for the prize from the Kindness Challenge Comments on Facebook.

Friday May 10th 11am-1pm Paint Your Kindness Rock/Canvas at The Hall

This piece of art is for YOU this time. Paint a Compassion Cactus to take home that will remind you to give and receive kindness and compassion.

Albert Dyck Park Nature Walk with Sunny, Friday May 31st 1-3pm:

Take a leisurely walk and talk around the lake.

Sign up with Sunny for a ride through call or text at 604-850-4813, or email him at sunnysangha.ccs@gmail.com

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 staff.

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.