

Abby House Clubhouse

November 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

Christine: christinecruickshanks.ccs@gmail.com

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.**



Creative Centre Society For Mental Wellness

Funding provided by:



**Clubhouse will be closed on
Monday November 11th**

CLUBHOUSE EVENTS:

*full details of all events on page 6
sign up is required for all events*

Bowling Outing:

**Friday, November 15th 11am-12pm at
Galaxy Bowling Lanes:**

Meet us at the bowling alley for a friendly game.

Mindful Painting:

Friday, November 22nd 11am-1pm at The Hall

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

South Asian Connection :

Wednesday, November 20th 12-2pm at The Hall

Play board games and have snacks.

FREE COMMUNITY EVENTS:

Seniors Culture, Coffee and Cookies:

Wednesdays 10:15-11:45am at

The Reach Art Gallery

Join other seniors to learn and chat about history and culture with a free coffee and cookie.

Local Author Fest:

Saturday, November 9th 1-4pm

at The Clearbrook Library

Enjoy meeting local authors, listening to poetry and guest speakers and free refreshments.

Winter Jubilee:

Saturday, November 23rd 3-8pm

in Downtown Abbotsford

Start the holiday season with the festive entertainment, vendors and tree lighting.

Mondays ***CLOSED NOVEMBER 11TH***

10am–Coffee Group (In-Person @ Seven Oaks Mall Food Court)
11am– Assertiveness Skills (Zoom)
12pm–One to One Employment Support Appointments (Virtually)
1230pm-2pm-New Member Orientations (Virtually or In-Person at The Hall)
2pm– How to Series– House Cleaning Schedule (Facebook)

Tuesdays

10am–Employment Conversations with Grace (Facebook)
11am-Mental Health Support Group (Zoom)
12pm-2pm– Young Adults 1-1 Appointments (Virtually or In-Person)
1pm - GPU Mental Health Support Group (Staff @ GPU at ARH **Closed Group**)
2pm– Diversity in the Community (Facebook)

Wednesdays

10am-Discussion & Coloring (In-Person @ Seven Oaks Mall Food Court)
11am-South Asian Connection (1-1 Virtually) **except Nov 6th & 27th**
12pm– Healthy Relationship Discussions (In-Person @ The Pool Hall) **except Nov 20th**
1pm- Naloxone Training and Overdose Conversations (Facebook)
2pm-Member Program Input (Facebook)

Thursdays

10am–Mountain View Group (Staff @ Mountain View **Closed Group**)
12pm- Boundaries Discussions (Zoom)
1pm- YA2 (Virtually or In-Person) **see page 3 for details**
2pm-LGBTQ2S+ Resources (Facebook)
4pm–Young Adults (Virtually or In-Person) **see page 3 for details**

Fridays

10am-CRESST (Staff @ CRESST *Closed Group*)
11am-Work Place Wellness Discussions (Facebook)
12pm–Age 55+ Community Resources (Facebook)
1pm-Food Resources in the Community (Facebook)
2pm- Community Employment Resources (Facebook)

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.



Group generally runs Thursdays, from 1-6pm 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 1-3pm and Young Adults is from 4-6pm. If you have any questions please contact Christine. Call or text 604-302-6001 or

Thursday, November 7th

YA2 & EPI & Young Adults 1-3pm

Mindful Guided Painting

Come to The Hall to create a piece of art. We will follow along on a beginners guided painting video with an artist on YouTube. All supplies will be provided and no experience is necessary.

****sign up is required by November 5th****

Thursday, November 14th

Community Coffee Chat Group

YA2 1-3pm

Join us for a free coffee and chat with 3-4 of your peers. Meet at the McDonalds on Bourquin Crescent at 1pm. Text with Christine at 640-302-6001 if you need any support to get there.

Young Adults 4-6pm

Let's meet at The Seven Oaks Mall Food Court in front of the A&W for a free coffee and chat with your peers.

Thursday, November 21st

YA2 & Young Adults 2-6pm

Games Night at the Chilliwack Clubhouse

Enjoy snacks and drinks while playing board games/cards etc. Meet at The Hall at 2pm for a ride. We will leave by 2:15pm and get to Cheamview Clubhouse by 3pm. Leaving Cheamview by 5pm to arrive back at The Hall for 5:45pm

****sign up is required by November 15th****

Thursday, November 28th

YA2 & Young Adults 2pm-6pm

Individual Quality of Life Questionnaire and Recovery Plan

Christine will contact those who are due to complete their annual paperwork. Each person will book a one to one appointment in person or virtually, whichever they prefer.

EMPLOYMENT PROGRAMS

Employment Conversations with Grace: Tuesdays at 10am on Facebook join a discussion with Grace, the 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 August we will practice being on time. 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 11am 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 2pm 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 12pm to 1pm. 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

Assertiveness Skills: Assertiveness is a way to communicate that is clear and direct, while still respecting others. This can help you to minimize conflict, control anger, have your needs better met, and have more positive relationships. Mondays over Zoom at 11am.

How to Series-House Cleaning Schedule: Watch for a new post each week on how to make something from home on a budget. This month we are going to focus on how to create a cleaning schedule. Join us on Facebook on Mondays at 2pm.

Young Adults/YA2 One-One Appointments: If you are in need of one on one support please make an appointment with Christine on Tuesdays between 12pm and 2pm. You can get support with a number of different things. Some of these may include: getting out of the house, learning to take the bus, making a resume, having a coffee to check in, filling out paperwork, learning how to use technology and so much more.

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

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

Naloxone Training and Overdose Conversations: Wednesdays at 1pm on Facebook watch a training video, read an article or browse a website for overdose resources. Have a discussion in the comments section.

Healthy Relationships Discussions: Wednesdays at 12pm at The Pool 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. We will play pool while we discuss these valuable topics.

South Asian Connection: Are you part of the South Asian community and looking for support with your mental health? Text with Christine on Wednesdays at 11am at 604-302-6001 to chat about what's going on for you and give your ideas on what types of fun things we could do as a group the next month. On the last week of each month we will go on the outing the group previously decided on together.

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 12pm. Connect with staff or look on Facebook Group for the link.

YA2: This group is for Young Adults between the ages of 19-30. Join us on Thursday afternoons usually between 1pm-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 pg3 of the calendar for full details of the activities.

LGBTQ2S+ Resources: Thursdays at 2pm, join us on Facebook to learn about the community resources that are available to support you in person or virtually.

Young Adults: This group is also for Young Adults between the ages of 19-30 and is usually 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 pg3 of the calendar for full details.

Age 55+ Community Resources: Fridays at 12pm 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 1pm 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: Mondays at 10am

Join this member facilitated group 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.

Discussion & Coloring: Wednesdays at 10am

This group will get together in the Seven Oaks Mall Food Court.

Colour a page and get involved in a group discussion. Topics will vary each week.

CLUBHOUSE EVENTS:

****sign up is required for all events****

Bowling Outing: Friday, November 15th 11am-12pm

Meet us at Galaxy Bowl Ltd at 11am for a fun, friendly game. The bowling alley is located at 32490 Simon Avenue

****sign up is required by Friday, November 8th at 12pm****

Mindful Painting Class: Friday, November 22nd from 11am-1pm at The Hall

A mindful painting group to create a unique piece of art and feel the therapeutic benefits of this mindfulness activity.

No experience is needed and we supply everything.

****sign up is required by November 15th at 3pm****

South Asian Connection-Social Gathering at The Hall: Wednesday November 20th from 12pm-2pm at The Hall

Let's get together at the hall for some drinks, snacks and games.

****sign up is required by November 13th at 3pm****

COMMUNITY EVENTS:

Follow this link for FREE Community Events in Abbotsford

<https://goabbotsford.ca/event-directory/>

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 and we will support you to find free/low cost community resources.

One-on-One Computer Support: Please contact the staff to schedule one-on-one computer support or to borrow and take home one of our computers for things like 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 Abbotsford 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.

Family Support Services: This services is provided for families and natural supporters of **adults** living with mental health and/or substance use concerns. To learn more visit <https://www.fraserhealth.ca/familysupport>.

If you are interested in receiving support please email fss@fraserhealth.ca or call toll free 1-833-898-6200

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.