

# Abby House Clubhouse

## March 2025 Program Calendar

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

**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.**

### 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>**



Creative Centre Society For Mental Wellness



BC HOUSING

Funding provided by:

<b>Mondays</b>
10am-Practicing Self Care (Facebook) 11am- Employment Conversations with Grace (Facebook) 12pm- Tolerating Distress Workshop (Zoom) 1pm-Book Club (In person @ The Hall)
<b>Tuesdays</b>
10am-South Asian Connection (1-1 Virtually) 11am- Mental Health Support Group (Zoom) 12pm- Anxiety/Depression Baking Group (In-Person @ The Hall) <b>except Mar 4th</b> 1pm- One to One Employment Support Appointments (Virtually)
<b>Wednesdays</b>
10am- GPU Mental Health Support Group (Staff @ GPU at ARH <b>**Closed Group**</b> ) 11am-Work Place Wellness Discussions (Facebook) 12pm- Healthy Relationship Discussions (In-Person @ The Pool Hall) <b>except Mar 19th &amp; 26th</b> 1pm- New Member Orientations (Virtually or In-Person at The Hall) 230pm-CRESST (Staff @ CRESST <b>*Closed Group*</b> )
<b>Thursdays</b>
10am- Mountain View Group (Staff @ Mountain View <b>**Closed Group**</b> ) 12pm- Age 55+ Community Resources (Facebook) 1pm- YA2 (Virtually or In-Person) <b>**see page 3 for details**</b> 4pm- Young Adults (Virtually or In-Person) <b>**see page 3 for details**</b>
<b>Fridays</b>
10am-Member Program Input (Facebook) 11am- Naloxone Training and Overdose Conversations (Facebook) 12pm-Community Employment Resources (Facebook) 1pm-Food Resources in the Community (Facebook) 2pm- LGBTQ2S+ Resources (Facebook)

**CLUBHOUSE EVENTS:**

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

**Snacks and Games: Wed, Mar 26th 11am-1pm**

Join us at the hall for some fun games with light refreshments.

**\*\*sign up is required by Mar 21st\*\***

**FREE COMMUNITY EVENTS:**

These are events held in Abbotsford outside of clubhouse. No staff attends.

**The Abbotsford Community Library is hosting multiple FREE events open to the community:**

The community library is located at  
33355 Bevan Avenue

**Saturdays from 11am-4pm: Game Space:**

Go with a friend or two and choose from many board, card or trivia games to play.

**Saturdays from 1-3pm: Kept in Stitches:**

If you knit, crochet, quilt or weave bring your own supplies to the library and connect with the group to share stories, ideas and techniques.

**Mondays from 4-7pm: Night Board Games:**

Go with a friend or two and choose from many board, card or trivia games to play.

Follow the link on page 6 for all details

# 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, anytime between 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. If you have any questions please contact Christine.

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

Tuesday, March 4th  
YA2 & EPI 1pm-3pm

## Board Games at the Boardwalk Café

Whether you are celebrating Valentines Day or not come and make a card for yourself or someone else.

Enjoy snacks, a hot/cold drink and good conversations

Thursday, March 6th  
Young Adults 4pm-6pm  
Mindful Painting at The Hall

Follow along to a guided step by step painting video. Enjoy snacks, a hot/cold drink and good conversations

it's not selfish to  
*Love Yourself.*  
**TAKE CARE**  
of yourself  
& to make your  
**HAPPINESS**  
a priority.  
*it's necessary*  
*Mandy Hale*

Thursday, March 13th  
YA2 & Young Adults 12pm-5pm

## 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.

Thursday, March 20th  
YA2 & Young Adults 4pm-6pm  
Meal out at the Dragon Fort Chinese Restaurant

Meet at The Dragon Fort Restaurant in Abbotsford at 4pm.

Located at 2421 Pauline Street.

We will enjoy a meal together.

**\*\*sign up is required by March 13th\*\***

Thursday, March 27th  
**NO PROGRAM SCHEDULED TODAY**

## TYPES OF SELF-CARE



# **EMPLOYMENT PROGRAMS**

**Employment Conversations with Grace:** Mondays at 11am 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.

**Work Place Wellness Discussions:** We will be on Facebook on Wednesdays 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 12pm 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 Tuesdays from 1pm to 3pm. 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.

**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.

**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](mailto:jamiem.ccs@gmail.com) if you are interested in this program and you will be added to the waitlist.



# **PERSONAL LIFE/SKILLS BUILDING PROGRAMS**

**Tolerating Stress Workshop:** Get together over Zoom on Mondays at 12pm to discuss how to manage emotional discomfort./distress. Most people dislike feeling uncomfortable. There are many different ways that humans can feel uncomfortable...we can be hot, cold, tired, in pain, hungry, unwell, and the list could go on. The type of discomfort we will be talking about in these modules is emotional discomfort, or what is often called distress. Together we will work through the modules to understand how to manage these emotions.

**Book Club Discussion:** Over the next month or two we will read a book together. Each week in person at The Hall on Mondays at 1pm. We will discuss the portion we read that week. The book we are going to read is called "Wintering: The Power of Rest and Retreat in Difficult Times. Pick up your copy on Monday, January 6th at 1pm at The Hall.

**Naloxone Training and Overdose Conversations:** Fridays 11am 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 Connection:** Are you part of the South Asian community and looking for support with your mental health? Text with Christine on Tuesdays at 10am 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 Tuesday of each month we will get together or go on the outing the group previously decided on together.

**Anxiety/Depression Baking Group:** Come to The Hall on Tuesdays at 12pm to do some baking. While the goodies are in the oven we will have a group discussion on how to get motivated during low mood or difficult times.

**Practice Self Care:** Discuss what types of self care works best for you and how to practice it. Mondays at 10am on Facebook.

**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.

**Member Program Input:** Fridays at 10am on Facebook you will have a chance to let us know what types of programs, outings and educational things you would like to attend in the following months.

**YA2:** This group is for Young Adults between the ages of 19-30. Join us on Tuesday or Thursday afternoons 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.**

**LGBTQ2S+ Resources:** Mondays at 1pm, 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 Thursday afternoons/evenings in-person. 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.**

**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.

**Age 55+ Community Resources:** Thursdays at 12pm on Facebook we will post a free/low cost community resource for those 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**

## **CLUBHOUSE EVENTS:**

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

**Snacks and Games: Wednesday March 26th from 11am-1pm at The Hall**

Enjoy some fun board/card games with light refreshments

***\*\*sign up by March 21st\*\****

## **COMMUNITY EVENTS:**

The Abbotsford Community Library has multiple FREE events happening in January. Follow the link below for all events and their details.

**<https://fvrl.bibliocommons.com/v2/events?startDate=2025-01-01&endDate=2025-01-31&locations=AB>**

# 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](mailto: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](mailto: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.