

Abby House Clubhouse

November 2025 Program Calendar

**Clubhouse Hours Monday-Friday 8:30am-4:30pm (closed between 12pm-12:30pm)
(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 virtually or In-person.

Please call, text or email to make an appointment.

How to Connect With Us

Call or Text: Jamie: 604-308-1521

Christine: 604-302-6001

Surveer: 604-819-4215

Email: Jamie: jamiem.ccs@gmail.com

Christine: christinecruickshanks.ccs@gmail.com

Surveer: surveerb.ccs@gmail.com

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

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



Creative Centre Society For Mental Wellness

Funding provided by:



Mondays	
10am– Employment Conversations with Grace (Facebook)	
11am-Healthier Thoughts & Habits Workshop (Zoom) **sign up is required**	
1pm– Community Employment Resources (Facebook)	
2pm- 2SLGBTQIA+ Resources (Facebook)	
3pm- Community Food Security Resources (Facebook)	
Tuesdays **closed November 11th**	
10am-One to One Employment Support Appointments (Virtually)	
11am– Mental Health Support Group (In-Person @ Seven Oaks Mall)	
1pm–Anxiety/Depression Group: Strategies for Managing Medications (In-Person @ The Hall)	
2pm-South Asian Connection (In-Person @ The Hall) see side schedule ➡	
3pm- Naloxone Training and Overdose Conversations (Facebook)	
Wednesdays	
10am- One to One Employment Support Appointments (Virtually)	
11am- GPU Mental Health Support Group (Staff @ GPU at ARH-Closed Group) <i>except Nov 19th</i> ➡	
1pm–Wellness Wednesdays (In-person @ The Hall) see side schedule	
2pm-New Member Orientation By Appointment (In-Person at The Hall)	
3pm-Age 55+ Community Resources (Facebook)	
Thursdays	
10am-Mountainview Home (Staff @ Mountainview-Closed Group) <i>except Nov 13th</i>	
11am- Work Place Wellness Discussions (Facebook)	
1pm-Boundaries Discussion Group (Zoom) <i>except Nov 13th</i>	
2pm(times vary) -YA2 (Virtually or In-Person) **see page 3 for details**	
4pm(times vary) -Young Adults (Virtually or In-Person) **see page 3 for details**	
Fridays	
10am-CRESST (Staff @ CRESST-Closed Group) <i>except Nov 7th</i>	
11am–Coffee/Tea Social Group (In-Person at Seven Oaks Mall) <i>except Nov 14th</i>	
1pm(times may vary)– Fall Fridays (In-Person on location) see side schedule ➡	
2pm-Practicing Self Care (Facebook)	
3pm-FREE Community Events (Facebook)	

Clubhouse is closed on Tuesday November 11th for the Statutory Holiday

CLUBHOUSE EVENTS:

full details of all events on page 6

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

Armchair Traveller:

In-person at The Hall or on Zoom

Tuesday Nov 18th at 1-2pm

Fire at The River:

In-person at Matsqui Trail Park

Wednesday Nov 26th at 1-3pm

South Asian Connection Schedule:

Painting & Planning: Nov 4th

Clubhouse Closed: Nov 11th

Ping Pong: Nov 18th

Join Fire at The River: Nov 26th

Wellness Wednesday Schedule:

Chair Yoga: Nov 5th

Tai Chi: Nov 12th

Breath Work: Nov 19th

Join Fire at The River: Nov 26th

Fall Friday Schedule:

Member Input & Games at The Hall:

Friday Nov 14th 1pm-3pm

Volunteer at The Food Bank Warehouse:

Friday Nov 21st 1230pm-330pm

Mindful Painting at The Hall:

Friday Nov 28th1pm-3pm

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.

We have two different groups running: YA2 is on the first Thursday of the month with the EPI Group and the last Thursday of the month with the Young Adults Group. Young Adults Group is on Thursdays except the first Thursday of the month for YA2. If you have any questions please contact Christine. Call or text at 604-302-6001 or email at christinecruickshanks.ccs@gmail.com.

Thursday, November 6th

NO PROGRAM SCHEDULED TODAY

Thursday, November 13th

NO PROGRAM SCHEDULED TODAY

Thursday, November 20th

YA2 & EPI Mindful Painting at The Hall 1pm-3pm

Join us at The Hall for a winter themed beginners guided painting.
No experience or equipment is required.

Thursday, November 20th

Young Adults Dinner & Drawing at The Hall 3pm-6pm

Come and help prepare spaghetti for dinner.
While dinner is cooking we can learn to draw cartoon characters and start creating short one page comics. We will work on these projects a little bit each month until the end of the year.

Thursday, November 27th

YA2 & Young Adults Games Day at Cheamview 1pm-4pm

Meet at The Hall at 1230pm for a ride to Chilliwack.
Enjoy some pizza and friendly games with the Cheamview and Centennial Place Clubhouses.

Your nervous system heals in
environments that:

- are free of judgement.
- offer warmth.
- respect your boundaries.
- make you feel like you belong.
- are calm, grounded, and predictable.
- honour stillness.
- hear you without needing to fix you.
- respond with love and care.
- let you move at your own pace.
- value your voice and your presence.
- allow you to be messy not perfect.
- make space for repair.
- include people who can self-regulate.
- allow you to exhale – fully and deeply.

@h.e.l.e.n.m.a.r.i.e

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 Thursdays 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 and wellness in our workplaces for future employees

Community Employment Resources: Join us on Mondays 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 Wednesdays at 10am. 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.

Volunteer at The Food Bank: One Friday of each month we will be volunteering at the food bank warehouse. Meet at The Hall at 12:30pm for a ride out. We will volunteer from 1pm-3pm and be back at the hall by 4pm. Please connect with staff if you are interested in helping out.

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. You are NOT volunteering at the clubhouse. If you are interested in this program connect with staff for more details.

PERSONAL LIFE/ SKILLS BUILDING PROGRAMS

Healthier Thoughts & Habits Workshop: Over 4 weeks we will learn to understand the connection between thoughts, emotions, and behaviours. Through guided discussion and practical exercises, participants learn tools to challenge negative thinking, build coping strategies, and strengthen emotional resilience. *****sign up is required for this workshop please email Jamie to sign up*****

Mental Health Support Group: Get support from each other in group discussions in the food court at the Seven Oaks Mall Tuesdays at 11am. Meet at the table in front of the A & W for a supportive chat about your mental health and wellness.

Age 55+ Community Resources. Tuesdays at 1pm on Facebook we will post a free/low cost community resource for those 55+.

Naloxone Training and Overdose Conversations: Tuesdays 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.

Anxiety/Depression Group: Meet at The Hall on Tuesdays at 2pm to discuss a different topic each month that is related to anxiety/depression. Novembers topic chosen by the group is Effective Strategies for Managing Medications.

South Asian Connection: Are you part of the South Asian community? Join us weekly on Tuesdays for a different activity each week. See page 2 of the calendar for the scheduled groups and activities.

Practice Self Care: Discuss what types of self care works best for you and how to practice it. Fridays at 2pm on Facebook.

Boundaries Discussion Group: Learn the importance of having healthy boundaries and how they can impact your life. Practice setting and maintaining boundaries a little at a time. Join us Thursdays at 1pm over Zoom.

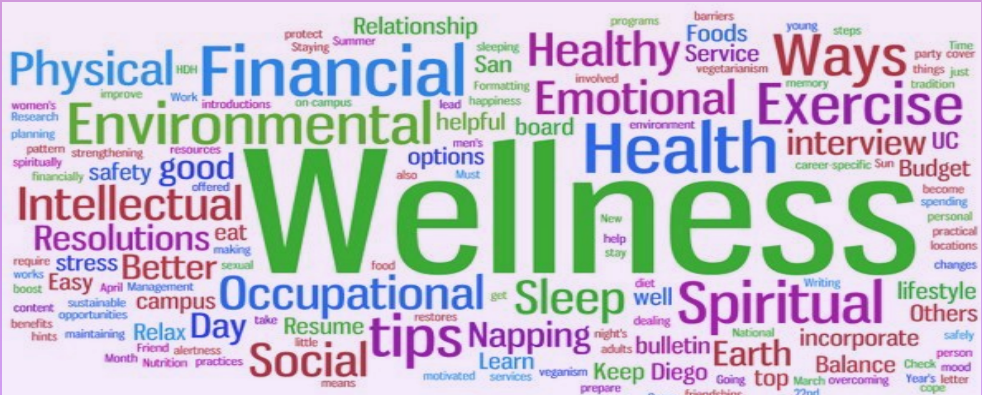
YA2: This group is for Young Adults between the ages of 19-30. Join us on Tuesday or Thursday afternoons for a different activity each week. This group partners monthly with the EPI (Early Psychosis Intervention) group and is designed for those who are not quite ready to join a big group. There are only ever a maximum of 6 participants. **See pg3 of the calendar for full details.**

2LGBTQIA+ Resources: Mondays 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 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.**

Community Food Security Resources: If you are in need of food, join us on Facebook on Fridays at 3pm 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.

Wellness Wednesdays: Each Wednesday at 1pm there will be a different wellness activity for you to try. Please see page 2 of the calendar for the weekly schedule.



SOCIAL/RECREATIONAL PROGRAMS

Coffee/Tea Social Group:

A small coffee or tea will be provided to those attending group.
Meet in the food court at Seven Oaks Mall in the tables in the area in front of A&W on Fridays at 11am.

CLUBHOUSE EVENTS:

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

Member Input & Games at The Hall, Friday November 14th 1pm-3pm

Join us to share your ideas for programs, workshops and outings you would like over the winter.
Then we play boardgames or cards.

Mindful Painting at The Hall, Friday November 21st 1pm-3pm:

Create a work of art. No experience or supplies needed.

Fire at The River at Matsqui Trail Park, Wednesday November 26th 1pm-3pm:

If you require a ride meet us at The Hall at 1230pm. If you can meet us at The Park be there at 1pm.
It is located at 6550 Tall Road under the Mission Bridge.
We will cook hotdogs and marshmallows over the fire.

****sign up by Wednesday November 19th at 3pm****

Armchair Traveller, Tuesday November 18th at 1pm at The Hall or over Zoom:

Armchair Traveller is back and will be held in-person at The Hall and through a Zoom Meeting for those that prefer the virtual tour.
This month we are having a virtual presentation about the history and practices of October Folklore around the world.
Please connect with staff if you would like the Zoom invitation link.

****sign up by Friday November 14th at 3pm****

Volunteer at The Food Bank Warehouse, Friday November 21st 12:30pm-3:30pm:

Meet at The Hall at 12:30pm for a ride out to the Food Bank Warehouse. We will work together to label, sort, pack food hampers.
We will volunteer from 1pm to 3pm and be back at The Hall by 3:30pm.

****sign up is required by Friday November 21st at 3pm space is limited****

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. Please connect with the mental health centre to see if you meet the criteria to join.

Depression Group: This group is an 8 week CBT workshop.

Anxiety Group: This group is a 12 week skills building and exposure therapy workshop.

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.