

# Abby House Clubhouse

## February 2026 Program Calendar

Clubhouse is temporary located at 33889 Essendene Avenue. Connect with staff for directions. Clubhouse Hours Monday-Friday 8:30am-4:30pm (closed between 12pm-12:30pm)  
Young Adults Program is generally Thursdays between 1pm-6pm  
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.

HELLO

February

### 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](mailto:jamiem.ccs@gmail.com)

Christine: [christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com)

Surveer: [surveerb.ccs@gmail.com](mailto: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:



<b>Mondays</b> <b>**closed Feb 2nd &amp; 16th**</b>
10am– Employment Conversations with Grace (Facebook)
11am-Health Anxiety Workshop (Zoom) <b>**sign up with Jamie by Feb 6th**</b>
1pm– Work Place Wellness Discussions (Facebook)
2pm- 2SLGBTQIA+ Resources (Facebook)
3pm- Community Food Security Resources (Facebook)
<b>Tuesdays</b>
10am-One to One Employment Support Appointments (Virtually)
11am– GPU Mental Health Support Group (Staff @ GPU at ARH) <i>except Feb 10th</i>
1pm-Just One Thing (Facebook)
2pm-South Asian Connection (In-Person @ The Hall) see side schedule ➡
3pm- Naloxone Training and Overdose Conversations (Facebook)
<b>Wednesdays</b>
10am- One to One Employment Support Appointments (Virtually)
11am- Mental Health Support Group (In-Person @ Seven Oaks Mall)
1pm–Wellness Wednesdays (In-person @ The Hall) see side schedule ➡
2pm-Community Employment Resources (Facebook)
3pm-Age 55+ Community Resources (Facebook)
<b>Thursdays</b>
10am-Mountainview Home (Staff @ Mountainview Home)
11am-Pod Cast Club (In-Person @ The Hall) <b>**connect with Surveer for details**</b>
1pm-Boundaries Discussion Group (Zoom)
2pm(times vary) -YA2 (Virtually or In-Person) <b>**see page 3 for details**</b>
4pm(times vary) -Young Adults (Virtually or In-Person) <b>**see page 3 for details**</b>
<b>Fridays</b>
10am-CRESST (Staff @ CRESST)
11am–Coffee & Coloring Social Group (In-Person at Seven Oaks Mall)
1pm- (times may vary) Fun Fridays (In-Person at The Hall) see side schedule ➡
2pm-Practicing Self Care (Facebook)
3pm-FREE Community Events (Facebook)

**Clubhouse closed  
Monday February 2nd and  
Monday February 16th**

**CLUBHOUSE EVENTS:**

**Armchair Traveller:  
In-person at The Hall or on Zoom**

Tuesday Feb 17th at 1pm

**South Asian Connection Schedule:**

Guided Painting: Feb 3rd  
Mental Health Discussion: Feb 10th  
Art Gallery Outing: Feb 17th  
No Group Scheduled: Feb 24th

**Wellness Wednesday Schedule:**

No Group Scheduled: Feb 4th  
Chair Yoga: Feb 11th  
Breath Work: Feb 18th  
Tai Chi: Feb 25th

**Fun Friday Schedule:**

Mindful Painting at The Hall Feb 6th 1pm  
Vision Boards at The Hall Feb 13th 1pm  
Bowling Outing at Galaxy Bowl Feb 20th 1245pm  
Volunteer Food Bank Warehouse Feb 27th 1230pm

# 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 currently running: YA2 meets generally on the second Thursday of the month with the EPI Group and the last Thursday of the month with the Young Adults Group.

Young Adults meet on Thursdays except the second Thursday of the month (which is reserved for YA2).

If you have any questions, please contact Christine at 604-302-6001 (call or text) or via email at [christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com).

## YOU CAN BE KIND AND STILL

@JUSTMENTALHEALTH



Say no



Walk away from  
toxic situations



Stand up  
for yourself



Put yourself first



Set boundaries



Disagree  
with others

### Thursday, February 5th

#### Young Adults Vision Boards at The Hall 1pm-3pm

Create a small poster board that speaks to you.

A Vision Board is unique to you, your goals, wishes and dreams.

Enjoy an afternoon of snacks/drinks and creativity.

### Thursday, February 12th

#### YA2 & EPI UN-Valentines Party at

#### Centennial Place Clubhouse in Mission 1230pm-330pm

Join us for a party with snacks and games where we can discuss how holidays like Valentines Day can be very stressful and what we can do to navigate them.

We can also learn how to be our own valentine. Meet at The Hall for a ride to Mission at 1230pm and we will be back by 330pm.

### Thursday, February 19th

#### Dinner & Mental Health Discussion at The Hall 3pm-5pm

Enjoy a meal and different discussion topic each month.

This month we will learn/talk about the benefits of Reiki.

### Thursday, February 26th

#### Young Adults & YA2 Mini Workshop at The Hall 3pm-5pm

Find out how to take the first step in moving towards the life that you want.

Together we will go through some materials/worksheets and have group discussions on how to move forward to reach your goal.

# 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:** Once a 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 3:30pm. The volunteer date is usually the last Friday of each month. 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**

**Health Anxiety Workshop:** To worry about your health is a normal human experience. Health anxiety refers to the excessive concern that there may be a threat to your health which triggers your anxiety (fight/flight) response. In health anxiety the issue is not whether your physical symptoms are real, but whether you are responding to and coping with your symptoms in a helpful or unhelpful way. Together we will go through and work on the material and discuss stress management strategies. Join us Mondays at 11am over Zoom.

***\*\*sign up is required for this workshop by Feb 6th please email Jamie\*\****

**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+.

**Just One Thing:** Share over a Facebook Post on Tuesdays at 2pm the One Thing that you are going to do this week. It can be just for you like self care or something kind for someone else, or one step towards a goal you have.

**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.

**South Asian Connection:** Are you part of the South Asian community? Join us Tuesdays at 2pm for a different activity each week.

**Wellness Wednesdays:** Each Wednesday at The Hall at 1pm there will be a different wellness activity for you to try.

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

**Pod Cast Club:** This is a version of a book club, but with listening to podcasts. Each month you receive a different mental health focus podcast. Then meet weekly on Thursdays at 11am in person at The Hall to discuss the portion you listened to that week.

***\*\*connect with Surveer for the podcast link\*\****

**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. 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. Generally the 2nd Thursday of the month. See pg3 for details.

**Young Adults:** This group is also for Young Adults between the ages of 19-30. 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. Held on Thursdays generally between 1pm-6pm See pg3 for details.

**2LGBTQIA+ Resources:** Mondays at 2pm, join us on Facebook to learn about the community resources that are available to support you.

**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.

**FREE Community Events:** Friday afternoon we will post on Facebook something you can do locally for free or low cost that week/weekend.

# **SOCIAL/RECREATIONAL PROGRAMS**

## **Coffee & Coloring Social Group:**

A small beverage from A&W 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.  
Join us to enjoy a nice chat while coloring. If you just want to chat and not color that is OK too.

## **CLUBHOUSE EVENTS:**

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

### **Mindful Painting at The Hall: February 6th 1pm-3pm:**

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

### **Vision Boards at The Hall: February 13th 1pm-3pm:**

Set your intension for the year by making a small poster of your short and long term goals, hopes and dreams, values and passions.  
There is no right or wrong or rules to making a vision board. No experience or supplies needed.

### **Armchair Traveller, Tuesday February 17th 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 there will be a Facebook Poll posted the first week of January to vote on which country we will visit  
Please connect with staff if you would like the Zoom invitation link.

### **Bowling Outing to Galaxy Bowling Ltd, Friday February 20th 12:45pm-2pm:**

Meet at the bowling alley, Galaxy Bowling Lanes, located at 32490 Simon Avenue.  
Be there at 1245pm so everyone can get shoes before the game starts at 1pm.

### **Volunteer at The Food Bank Warehouse, Friday February 27th 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.

# 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](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.