

Abby House Clubhouse

March 2026 Program Calendar

WELCOME
March

Abby House is located at 2676 Gladys Avenue. Connect with staff for directions.
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 either virtually or in-person.
Please call, text or email staff 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 <i>**closed March 16th**</i>
10am- Employment Conversations with Grace (Facebook)
11am-Health Anxiety Workshop (Zoom) <i>except Mar 23rd</i>
1pm- New Member Orientations by appointment (Virtually/In-Person @ Abby House)
2pm- 2SLGBTQIA+ Resources (Facebook)
3pm- FREE Community Events (Facebook)
Tuesdays
10am-Workplace Wellness Discussions (Facebook)
11am- GPU Mental Health Support Group (Staff @ GPU at ARH)
1pm-Just One Thing (Facebook)
2pm-South Asian Connection (In-Person on location) <i>see side schedule</i> ➡
3pm- Naloxone Training and Overdose Conversations (Facebook)
Wednesdays
10am- Job Club (In-Person @ Abby House) <i>except Mar 18th</i>
11am- Mental Health Support Group (In-Person @ Seven Oaks Mall)
1pm-Wellness Wednesdays (In-person @ Abby House) <i>see side schedule</i> ➡
2pm-Community Employment Resources (Facebook)
3pm-Age 55+ Community Resources (Facebook)
Thursdays
10am-Mountainview Home (Staff @ Mountainview Home)
11am-Mindfulness Meeting (In-Person @ Abby House)
1pm-Boundaries Discussion Group (Zoom) <i>except Mar 26th</i>
1pm (times vary) -YA2 (Virtually or In-Person) <i>**see page 3 for details**</i>
1pm (times vary) -Young Adults (Virtually or In-Person) <i>**see page 3 for details**</i>
Fridays
10am-CRESST (Staff @ CRESST)
11am-Coffee & Coloring Social Group (In-Person at Seven Oaks Mall)
1pm- Fun Fridays (In-Person on location) <i>see side schedule</i> ➡
2pm-Practicing Self Care (Facebook)
3pm-Community Food Security Resources (Facebook)

**Clubhouse closed
Monday March 16th**

CLUBHOUSE EVENTS:

details of events on page 6

The Network Social Club Career & Connection:

In-person at Communitas Supportive Care

Thursday March 12th at 4pm

Armchair Traveller:

In-person at Abby House or on Zoom

Tuesday March 17th at 1pm

South Asian Connection Schedule:

No Group Scheduled: Mar 3rd

Movie and Chai at Abby House: Mar 10th

Walk at Mill Lake Park: Mar 17th

Mental Health Chat at Abby House: Mar 24th

Games and Planning at Abby House Mar 31st

Wellness Wednesday Schedule:

No Group Scheduled: Mar 4th

Chair Yoga: Mar 11th

Breath Work: Mar 18th

Tai Chi: Mar 25th

Fun Friday Schedule:

Vision Boards at Abby House Mar 6th

Games and Snacks at Abby House Mar 13th

Mindful Painting at Abby House Mar 20th

Volunteer Food Bank Warehouse Mar 27th

MENTAL HEALTH
MATTERS. ACT NOW.



Young Adults Program

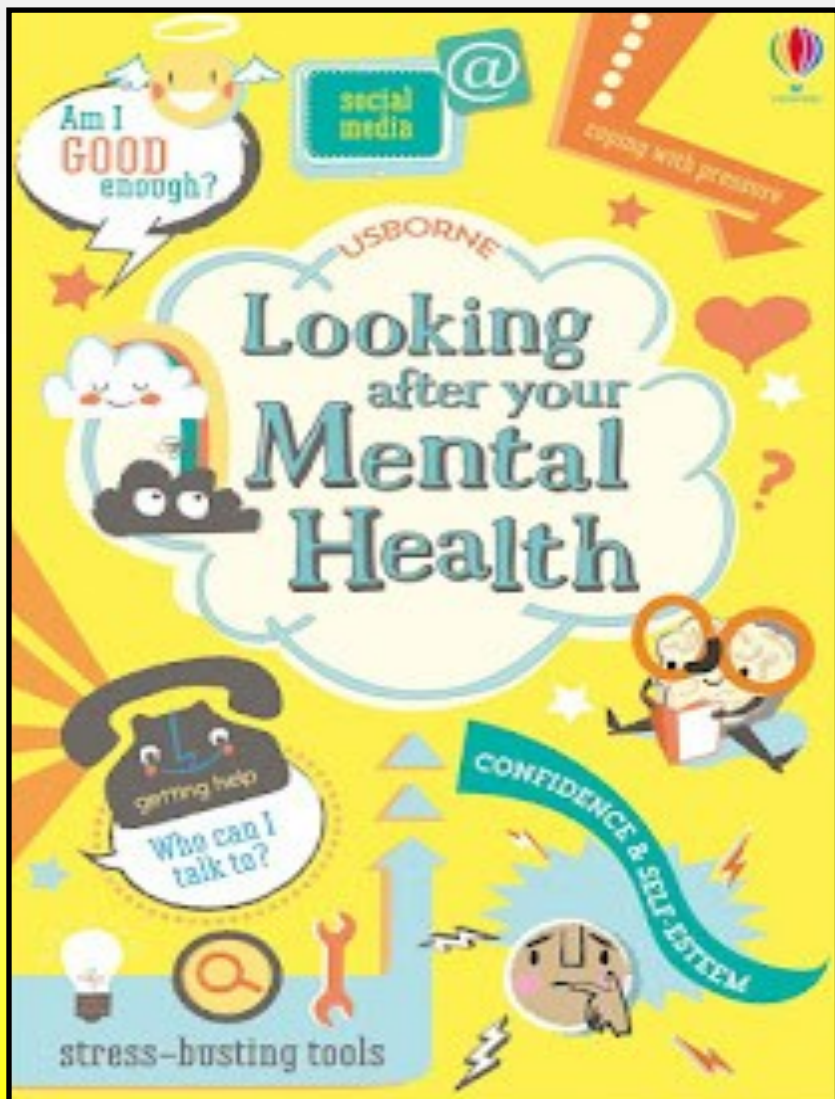
Group activities happen at Abby House, in the community or virtually.

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.



Thursday, March 5th

YA2/Young Adults & EPI Games and Pizza at Abby House 1pm to 3pm

Come to the new Abby House and enjoy games and pizza.

Thursday, March 12th

YA2/Young Adults The Network Social Connection 3:45pm-6pm

Are you thinking of getting a job or volunteering? Do you have questions/concerns about that journey? Join us for a discussion with your peers who currently work or have worked/volunteered and will share their experiences. Meet us at 345pm at the Communitas Office at 103-2776 Bourquin Crescent W.

Thursday, March 19th

YA2/Young Adults

Quality of Life Questionnaire and Recovery Plan Updates 1pm to 6pm

Christine will make appointment with each of you to update your files.

Thursday, March 26th

YA2/Young Adults Exploring Community Resources 1pm-3pm

Each month we will check out a new resource in the community that is either FREE or very low cost. This month we are going to discuss Food Security and have a FREE lunch at the Gurudwara.

The Khalsa Diwan Society located at 33094 South Fraser Way. While inside you are required to cover your head with a scarf or bandana.

They are provided there but if you prefer you may bring your own. Meet on location at 1pm. **sign up with Christine by 12pm that day**

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.

Mental Health Support Group: Get support from each other in group discussions in the food court at the Seven Oaks Mall Wednesdays 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: Wednesdays at 3pm 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 1pm 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. Connect with Surveer if you have any questions.

Wellness Wednesdays: Each Wednesday at Abby House 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.

Mindfulness Meeting: In-Person at Abby House Thursdays at 11am. We will learn mindful meditation and practice journaling and reflecting.

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: 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. Held on the 1st Thursday of the month from 1pm-3pm. See pg3 for details.

Young Adults: 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: Monday 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****

Vision Boards at Abby House, March 6th 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.

Games and Snacks at Abby House, March 13th 1pm-3pm:

Enjoy a friendly board game/cards/dice and some drinks/snacks

Mindful Painting at Abby House, March 20th 1pm-3pm:

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

Armchair Traveller, Tuesday March 17th at 1pm at Abby House 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.
Location is to be determined. Please connect with staff if you would like the Zoom invitation link.

Volunteer at The Food Bank Warehouse, Friday March 27th 12:30pm-3:30pm:

Meet at Abby Hosue at 12:45pm 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.

South Asian Group, Tuesdays 2pm-3pm at Abby House or In Community:

Are you part of the South Asian Community and looking for support from your peers. Join us weekly on Tuesdays. Generally in-person at The Clubhouse. Once per month we will meet in the community for a different activity. This months activity is a Walk at Mill Lake Park. Meet at the parking lot on Mill Lake Road near the new dock. Connect with Surveer if you have any questions.

The Network Social Club, Career and Connection Quarterly Series, March 12th 4pm-6pm:

If you are curious about working or volunteering please join this enriching exchange/discussion. Drinks and snacks will be provided.
Held at Communitas Supportive Care Society located at 103-2776 Bouquin Crescent W. Please arrive by 3:45pm so we can start on-time.

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.

Free Tax Clinics: There are two places providing FREE tax clinics in Abbotsford. Abbotsford Association for Healthy Aging and Clearbrook Golden Society

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.