

# Abby House Clubhouse

## May 2026 Program Calendar

Abby House is located at 2676 Gladys Avenue.  
Connect with staff for directions and parking instructions  
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.

### How to Connect With Us

Call or Text: Jamie: 604-308-1521

Christine: 604-302-6001

Surveer: 604-819-4215

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

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

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)



**Creative Centre Society**  
*for mental wellness*

Funding provided by:



**Mondays** *\*\*closed May 18th\*\**

10am–Employment Conversations with Grace (Facebook)  
11am-Walk & Talk (In-person @ Mill Lake Park)  
1pm– New Member Orientations by appointment (Virtually/In-Person @ Abby House)  
1pm– Drop In Social (In-person @ Abby House)  
2pm- FREE Community Events (Facebook)

**Tuesdays**

10am-Anxiety/Depression Support Group (In-Person @ Abby House)  
11am-GPU Mental Health Support (Staff @ GPU at ARH)  
1pm- Just One Thing (Facebook)  
2pm-South Asian Connection (In-Person on location) *see side schedule* ➔

**Wednesdays**

10am–2SLGBTQIA+ Resources (Facebook)  
11am-Mental Health Support Group (In-Person @ Seven Oaks Mall)  
1pm–Wellness Wednesdays (In-person @ Abby House) *see side schedule* ➔  
2pm- Workplace Wellness Discussions (Facebook)

**Thursdays**

10am-Mountainview Home (Staff @ Mountainview Home)  
10am-Member Led Mindfulness & Meditation (In-Person @ Abby House)  
1pm-Boundaries Discussion Group (Zoom)  
2pm- Naloxone Training and Overdose Conversations (Facebook)  
4pm (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)  
11am–Coffee & Coloring Social Club (In-Person at Seven Oaks Mall)  
1pm- Fun Fridays (In-Person on location) *see side schedule* ➔  
2pm-Practicing Self Care (Facebook)

**Clubhouse closed  
Monday May 18th**

**CLUBHOUSE EVENTS:**

*\*\*details of events on page 6\*\**

**Mental Health Week Schedule:**

Monday May 4th at 1pm  
Drop In Discussion at Abby House

Wednesday May 6th at 1pm  
Rock Painting at Abby House

Friday May 8th at 1pm  
Fire at The River & Rock Walk

**Neurodivergent Social Connection:  
In-person at Polly Fox Bakery & Bistro**

Wednesday May 27th at 2pm

**Armchair Traveller:  
In-person at Abby House or on Zoom**

Tuesday May 19th at 1pm

**South Asian Connection Schedule:**

Walk at Mill Lake Park: May 5th  
Paint and Snacks at Abby House: May 12th  
Games & Planning at Abby House: May 19th  
Community Inclusion Chat at Abby House: May 26th

**Wellness Wednesday Schedule:**

Chair Yoga: May 13th  
Tai Chi: May 20th  
Beat Boxing: May 27th

**Fun Friday Schedule:**

Fire at The River: May 8th  
Mindful Painting at Abby House: May 22nd  
Volunteer Food Bank Warehouse: May 29th

# 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 first 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 email at [christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com).

**Thursday, May 7th 1pm-3pm**

**YA2 Snacks and Anxiety Discussion at Abby House**

Are you under 30 and too anxious to be in a large group to socialize?  
Join us for a calm discussion with no more than 4 people.  
Text Christine for more info and to sign up.

**Thursday, May 14th 9am-3pm**

**YA2/Young Adults**

**Quality of Life Questionnaire and Recovery Plan Updates**

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

**Thursday, May 21st 1pm-3pm**

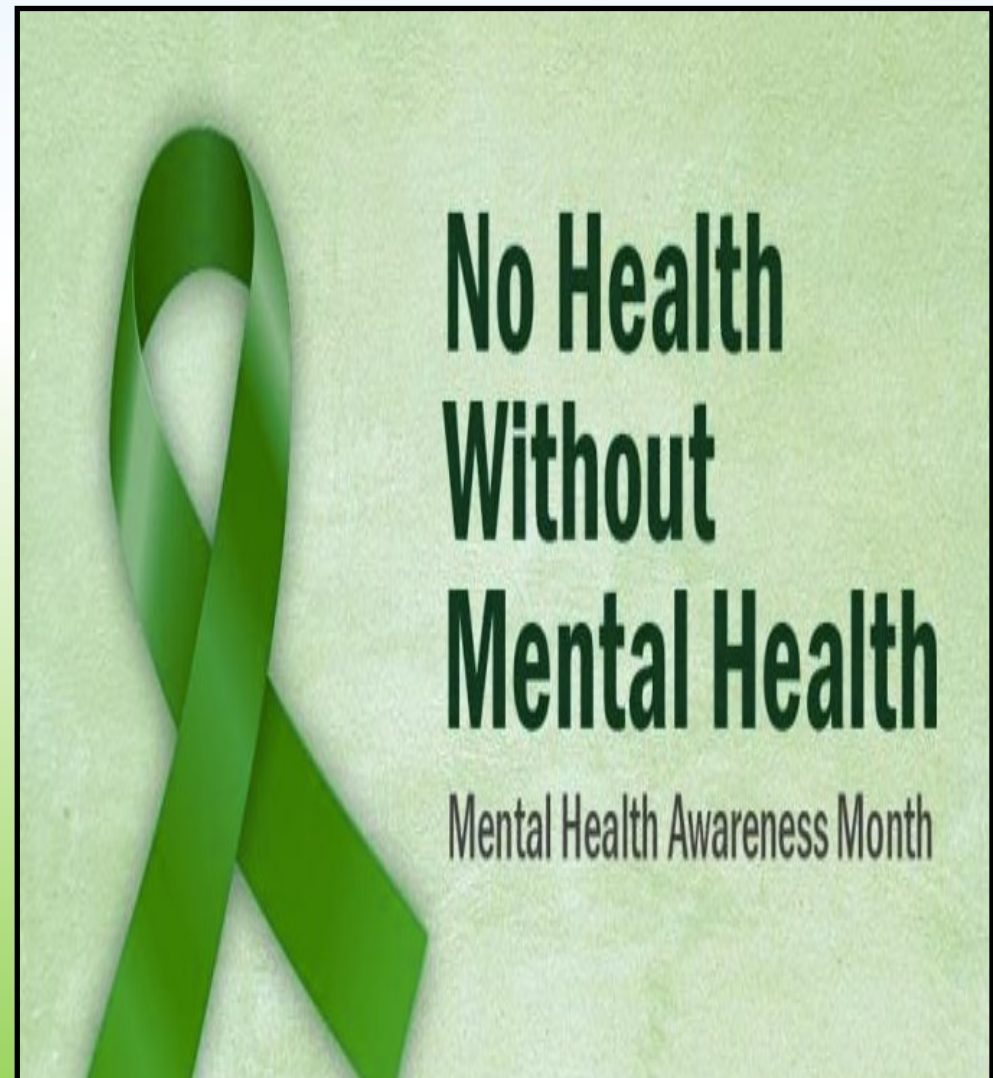
**Young Adults Bocce Ball or Pickle Ball at Jubilee Park**

Enjoy a fun afternoon of games and snacks.  
Meet at Jubilee Park for a fun game of Bocce Ball or Pickle Ball or both.

**Thursday May 28th 1pm to 3pm**

**YA2/Young Adults Mental Health Discussion at Abby House**

Come have a cup of coffee/tea with snacks while discussing mental health, wellness, relationships, love, work and so much more.



# 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 Tuesdays at 10am 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 Wednesdays 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 or in person by appointment. 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 Abby House at 12:45pm 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**

**Walk & Talk at Mill Lake Park:** Join us on Mondays for a leisurely walk and chat. Meet at Mill Lake Park at 10:50am to start the walk at 11am. The walk will start on time. Meet in front of the large dock beside the parking lot on Mill Lake Road.

**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. **\*\*details on Page 6\*\*** 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.

**Member Led Mindfulness & Meditation:** In-Person at Abby House Thursdays at 10am. Join Sari in a guided meditation or mindfulness exercise with discussion afterwards.

**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:** Wednesday at 10am, 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 Mondays at 2pm 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**

## **Walk & Talk at Mill Lake Park:**

Join us on Mondays for a leisurely walk and chat. Meet at Mill Lake Park at 10:50am to start the walk at 11am. The walk will start on time. Meet in front of the large dock beside the parking lot on Mill Lake Road.

## **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\*\***

### **Drop In Social/Discussion at Abby House Monday May 4th 1pm-3pm:**

Come together for coffee/tea, snacks and great conversations about mental health and wellness.

### **Rock Painting at Abby House Wednesday May 6th 1pm-3pm :**

Paint a Mental Health Rock for our annual Rock Walk on Friday. Maybe an affirmation, a kind word or message.

### **Fire at The River & The Rock Walk :Friday May 8th 1pm-3pm:**

Cook a hotdog on the fire and take our annual Rock Walk where we distribute the mental health rocks we painted throughout the park for others to enjoy. If you can meet us there please do that and save the seats in the van for those who need them. Meet at Matsqui Trail Park located at 6550 Tall Road.

Meet at Abby House at 1230pm if you have signed up for a ride.

### **Armchair Traveller, Tuesday May 19th 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.

### **Mindful Painting, Friday May 22nd 1pm-3pm at Abby House:**

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

### **Neurodivergent Social Connection, Wednesday May 27th 2pm at Polly Fox Bakery & Bistro**

Are you looking for connection with your neurodivergent peers? Want to practice your social skills? Join Ryan for this member led social event at The Polly Fox Bakery located at 33780 Essendene Avenue.

### **Volunteer at The Food Bank Warehouse, Friday May 29th 12:30pm-3:30pm:**

Meet at Abby House 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.

Mental Health  
Awareness

# **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](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.