

Abby House Clubhouse

July 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

Faith: 604-819-4215

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

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

Email: **Jamie:** jamiem.ccs@gmail.com

Christine: christinecruickshanks.ccs@gmail.com

Faith: faithp.ccs@gmail.com



Creative Centre Society
for mental wellness

Funding provided by:



Mondays

10am–Employment Conversations (Facebook)
11am-Walk & Talk (In-person @ Mill Lake Park) *except Jul 13th*
1pm– New Member Orientations by appointment (Zoom/In-Person @ Abby House)
1pm– 55+ Drop In Social (In-person @ Abby House) *except Jul 13th*
2pm– All Ages Drop In Social (In-person @ Abby House) *except Jul 13th*

Tuesdays

10am-Job Club (In-Person @ Abby House)
11am-GPU Mental Health Support (Staff @ GPU at ARH)
1pm-South Asian Connection (In-Person on location) *see side schedule* ➔
2pm-Just One Thing (Facebook)
3pm- FREE Community Events (Facebook)

Wednesdays closed July 1st

10am–2SLGBTQIA+ Resources (Facebook)
10am-Diamond Art & Discussion (In-Person @ Abby House) *except Jul 15th*
11am-CRESST (Staff @ CRESST)
1pm–Wellness Wednesdays (In-person @ Abby House) *see side schedule* ➔
2pm– Anxiety/Depression Support Group (In-Person @ Abby House) *except Jul 15th*

Thursdays

10am-Mountainview Home (Staff @ Mountainview Home)
10am-Meditation & Gentle Stretch with Sari (In-Person @ Abby House)
1pm-Boundaries Discussion Group (Zoom) *except Jul 2nd*
1pm (times vary) -YA2 (Virtually or In-Person) ****see page 3 for details****
1pm (times vary) -Young Adults (Virtually or In-Person) ****see page 3 for details****

Fridays

10am– One to One Support by appointment (In-Person/Virtually)
11am–Coffee & Coloring Social Club (In-Person at Seven Oaks Mall)
1pm- Artful Fridays (In-Person at Abby House) *see side schedule* ➔
2pm-Practicing Self Care (Facebook)

Clubhouse is closed Wednesday July 1st

Sign up is not required for groups/events unless specified otherwise

CLUBHOUSE EVENTS:

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

Armchair Traveller: In-person at Abby House or Zoom

Tuesday July 14th at 1pm

Picnic Lunch @ Cultus Lake Maple Bay Beach:

Monday July 13th at 11am to 3pm

****Sign up is required for the Cultus Lake Outing****

Naloxone Training/Overdose Conversations:

In-person at Abby House

Monday July 27th at 1pm

Neurodivergent Social Connection at Jubilee Park

Wednesday Jul 29th at 2pm

South Asian Connection Schedule:

Walk at Mill Lake Park: Jul 7th

Attend Armchair Traveller: Jul 14th

Outing to Rolley Lake: Jul 21st

****Sign up is required for the Rolley Lake Outing****

Games & Planning at Abby House: Jul 28th

Wellness Wednesday Schedule:

Tai Chi: Jul 8th

Chair Yoga: 22nd

MindWell U Intro and Discussion: Jul 29th

Artful Friday Schedule:

Mindful Painting: Jul 10th

Vision Boards at Abby House: Jul 17th

Card Making: Jul 24th

Volunteer In-Person @ the Food Bank Warehouse:

Friday, Jul 31st at 12:30pm-3:30pm

****Sign up is required for Food Bank Volunteering****

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 for one Thursday of the month (which is reserved for YA2).



“All great changes are preceded by chaos.”
Deepak Chopra

happytoinspire

Thursday July 2nd
NO GROUP SCHEDULED TODAY

Thursday, July 9th 1pm-3pm
YA2 Snacks and Discussion at Abby House

Would you like to join a small group of your peers who are also struggling with their anxiety? This group is between 3-5 people maximum. Enjoy a snack and a drink while we chat about how things are going for you.

Thursday, July 16th 10am-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, July 23rd 12:30pm-3:30pm

Young Adults

Paint and Ice Tea Social at Centennial Place Clubhouse

Come for an afternoon and create a piece of art with Chilliwack and Mission Young Adults. Have a chat with a peer and enjoy a cool glass of ice tea and some snacks.

****sign up is required for this outing****

Thursday July 30th 12:30pm to 3:30pm

YA2/Young Adults Outing to Rolley Lake

Meet at the clubhouse for a ride to Rolley Lake at 12:30pm. We will arrive at the lake by 1pm and leave the lake by 3pm to arrive back at the clubhouse for 3:30pm. Lunch will be provided. IF you wish to swim be sure to bring something to wear in the water and a towel.

****sign up is required for this outing****



PERSONAL LIFE/ SKILLS BUILDING PROGRAMS

NO SIGN UP IS REQUIRED FOR GROUPS UNLESS SPECIFIED

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.

Just One Thing: Share over a Facebook Post on Tuesdays at 3pm 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.

South Asian Connection: Are you part of the South Asian community? Join us Tuesdays at 1pm for a different activity each week. Connect with Christine if you have any questions.

Diamond Art & Discussions with Barry: Come to the clubhouse on Wednesday mornings at 10am to have a general discussion while you work on your own diamond art project.

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.

Meditation & Gentle Stretch with Sari: In-Person at Abby House Thursdays at 10am. Join Sari in a guided meditation or mindfulness exercise and seated gentle neck/shoulder stretches 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-4pm 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.

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

SOCIAL/RECREATIONAL PROGRAMS

SIGN UP IS NOT REQUIRED FOR SOCIAL/RECREATIONAL PROGRAMS UNLESS SPECIFIED OTHERWISE

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.

Diamond Art & Discussion:

Come to Abby House on Wednesdays at 10am for a group discussion and try diamond art.

55+ Drop In Social & All Ages Drop In Social at Abby House:

If you are 55+ and want to socialize please join us anytime between 1-2pm for a coffee/tea. After 2pm the drop in is open to all ages.

CLUBHOUSE EVENTS:

Picnic Lunch @ Cultus Lake Maple Bay Beach Monday July 13th 11am to 3pm:

Meet at Abby House for a ride to Cultus Lake at 11am. We will arrive at the lake by 12pm for a couple hours of fun and leave by 2pm to return to Abby House at 3pm. Lunch will be provided. IF you plan to swim please bring something to wear and a towel. Please let the staff know if you prefer to meet us there or need a ride.

*****sign up is required for the Cultus Lake Outing*****

Armchair Traveller, Tuesday July 14th 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.

Neurodivergent Social Connection, Wednesday July 29th 2pm at Jubilee Park:

Are you looking for connection with your neurodivergent peers? Want to practice your social skills? Join Ryan for this member led social event at Jubilee Park. Some people may want to bring snacks/baked goods for people to share potluck style and you are welcome to do that. You can also purchase an ice cream from nearby Banter Ice Cream if you want a treat. We will hang out at Jubilee Park under a shady tree near the pickleball courts. Please bring a camp chair if you have one.

Volunteer at The Food Bank Warehouse, Friday July 31st 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.

Naloxone Training/Overdose Conversations Monday July 27th 1pm-3pm at Abby House:

Want to learn how to administer Naloxone to someone in an overdose situation? Come learn and practice in person and take home a kit if you wish.

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.

WORK EXPERIENCE OPPORTUNITY

All funding for the positions are provided in partnership with United Way British Columbia. People interested in applying must be receiving BCEA, disability assistance (PWD or PPMB) or equivalent Indigenous federal assistance and who are not currently receiving WorkSafe benefits. All positions are low intensity 200 hour positions.

Successful applicants will receive a maximum of \$3,000 stipend paid over the course of the 200 hours.

If you are interested or have any questions please:

Phone: 604-850-1168 Email: creativecentresociety@gmail.com, or fax 604-850-1190

Work Experience Placement #1, Bilingual South Asian Peer Liason:

About the Opportunity

Our organization is hosting a supportive, short-term work experience placement to help individuals build practical skills in a friendly, low-stress environment. This position focuses on being a kind, supportive person for the South Asian Abby House clients. You will greet new and existing clients. Encouraging clients to participate in programs by being a familiar face. Support South Asian clients to find and access community resources for employment, food security, housing, transportation, socializing and more. Connect with staff and new clients to share how the clubhouse has been positive for you in your recovery.

No previous peer support experience support required.

Work Experience Placement #2, Clubhouse Peer Liason:

About the Opportunity

Our organization is hosting a supportive, short-term work experience placement to help individuals build practical skills in a friendly, low-stress environment. This position focuses on being a kind, supportive person for Abby House clients. You will greet new and existing clients. Encouraging clients to participate in programs by being a familiar face. Support clients to find and access community resources for employment, food security, housing, transportation, socializing and more. Connect with staff and new clients to share how the clubhouse has been positive for you in your recovery. No previous peer support experience support required.

Work Experience Placement #3, Basic Janitorial and Property Maintenance:

About the Opportunity

Our organization is hosting a supportive, short-term work experience placement to help individuals build practical skills in a friendly, low-stress environment. This position focuses on light, routine building maintenance and general cleaning tasks. We offer step-by-step guidance, gentle pacing, and a supportive team environment. No previous maintenance experience is required.