

Abby House Clubhouse

August 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 daily 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

Email:

Jamie: jamiem.ccs@gmail.com

Christine: christinecruicshanks.ccs@gmail.com

Faith: faithp.ccs@gmail.com

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

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

Mondays <i>closed Aug 3rd</i>
10am–QOL & Recovery Plans by appointment (Zoom/In-person @ Abby House) 11am–New Member Orientations by appointment (In-Person @ Abby House) 1pm– 55+ Drop In Social (In-person @ Abby House) 2pm– All Ages Drop In Social (In-person @ Abby House) 3pm– Employment Conversations (Facebook)
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) <i>see side schedule</i> ➡ 2pm–Just One Thing (Facebook) 3pm– FREE Community Events (Facebook)
Wednesdays
10am–2SLGBTQIA+ Resources (Facebook) 10am–Drop In Diamond Art & Discussion (In-Person @ Abby House) 11am–CRESST (Staff @ CRESST) 1pm–Wellness Wednesdays (In-person @ Abby House) <i>see side schedule</i> ➡
Thursdays
10am–Mountainview Home (Staff @ Mountainview Home) 10am–Meditation & Gentle Stretch with Sari (In-Person @ Abby House) 1pm–What is Assertiveness? (Zoom) 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– Drop In ARTful Fridays (In-Person at Abby House) except Aug 21st & 28th 2pm–Practicing Self Care (Facebook)

Clubhouse is closed Monday Aug 3rd for the BC Day Statutory Holiday

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

CLUBHOUSE EVENTS:

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

Men's Group Meet Up & Games:

In-person at Seven Oaks Mall Food Court

Saturday Aug 8th at 10am to 2pm

Picnic Lunch @ Cultus Lake:

Tuesday Aug 11th at 10am to 3pm

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

Neurodivergent Social Connection at Jubilee Park

Wednesday Aug 12th at 2pm

Naloxone Training/Overdose Conversations:

In-person at Abby House

Monday Aug 17th at 1pm

Armchair Traveller: In-person at Abby House or Zoom

Tuesday Aug 18th at 1pm

South Asian Connection Schedule:

Walk at Mill Lake Park: Aug 4th

Join the Outing to Cultus Lake Aug 11th

Join Armchair Traveller: Aug 18th

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

Wellness Wednesday Schedule:

Tai Chi: Aug 5th

Chair Yoga: Aug 12th

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).

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

SIGN UP IS NOT REQUIRED FOR GROUPS UNLESS SPECIFIED OTHERWISE



Thursday August 20th 10am to 3pm

YA2/Young Adults Outing to Golden Ears Park

Meet at the clubhouse for a ride to Golden Ears Park at 10am. We will arrive at the lake by 11am and leave the lake at 2pm to arrive back at the clubhouse for 3pm. Lunch will be provided. You can walk the trails and explore and 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****

Thursday August 27th

NO GROUP SCHEDULED TODAY

Thursday, August 6th 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, August 13th 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.

A graphic with a colorful, abstract background of red, orange, yellow, and blue. The text "THE RESULTS OF YOUR HEALING ARE SHOWING KEEP GOING." is written in a bold, black, sans-serif font, centered on the image.

EMPLOYMENT PROGRAMS



Employment Conversations: Mondays at 3pm. 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.

Job Club: Join us on Tuesdays at 10am in person at Abby House. We will talk about what working/volunteering might look like for you and how we can move forward to reach that goal. Together we will create a plan and support you on the journey to working/volunteering.

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

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.

What is Assertiveness: Improve your Assertiveness. Being assertive is an important communication skill which can reduce your levels of depression and anxiety and improve your self-esteem. This group is designed to provide you with some information about assertiveness – what it is, what stops us from being assertive and how to become more assertive. 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.

2SLGBTQIA+ 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.

Naloxone Training and Overdose Conversations: If you would like to learn or refresh your skills on how to administer Naloxone to someone who may be experiencing an opioid overdose join us monthly on the 3rd Monday of the month at 1pm. Connect with Christine if you have any questions.

SOCIAL/RECREATIONAL PROGRAMS

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

Coffee & Coloring Social Group Fridays 11am to 12pm In Person at Seven Oaks Mall Food Court:

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.

Join us to enjoy a nice chat while coloring. If you just want to chat and not color that is OK too.

55+ Drop In Social 1pm & All Ages Drop In Social 2pm In Person at Abby House on Mondays:

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.

Drop in Diamond Art Wednesdays 10am-12pm In Person at Abby House:

Come to Abby House for a group discussion and try diamond art.

ARTful Fridays 1pm-3pm In Person at Abby House:

Come to the clubhouse Fridays and work on an art project. You can bring your own from home or there are supplies here.

Try coloring, painting, card making, vision boards, origami and more.

CLUBHOUSE EVENTS:

Men's Group Games, Saturday August 8th 10am to 2pm In Person at Seven Oaks Mall Food Court:

Meet Kevin on the second Saturday each month in the Seven Oaks Mall Food Court to play games and chat. You can bring your own lunch or purchase something there. The table will have a small sign on the end that says Men's Group Games.

Cultus Lake Picnic Lunch, Tuesday Aug 11th 11am to 3pm:

Meet at Abby House for a ride to Cultus Lake at 10am. We will arrive at the lake by 11am for a couple hours of fun and leave at 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 August 18th 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 August 12th 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.

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.