

Abby House Clubhouse

September 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 Sep 7th</i>
10am–1-1 Support Appointment with Sari the Clubhouse Peer Liaison (In-Person @ Abby House) 10am–QOL & Recovery Plans by appointment (Zoom/In-person @ Abby House) 11am–New Member Orientations by appointment (Zoom/In-Person @ Abby House) 1pm– 55+ Drop In Social (In-person @ Abby House) 2pm– All Ages Drop In Social (In-person @ Abby House) 3pm– Anxiety/Depression Support Group (In-Person @ Abby House)	
Tuesdays	
10am–Women’s Group with Sari (In-Person @ Abby House) 11am–GPU Mental Health Support (Staff @ GPU at ARH) 1pm– Drop In Swim/Sauna with Sari (In-person @ MRC) 2pm–South Asian Connection with Sonia (In-Person on location) <i>see side schedule</i> ➡ 3pm- FREE Community Events (Facebook)	
Wednesdays	<i>Closed Sep 30th</i>
10am–2SLGBTQIA+ Resources (Facebook) 10am–Drop In Diamond Art & Discussion (In-Person @ Abby House) 11am–CRESST (Staff @ CRESST) 1pm–Low Impact Movement (In-person @ Abby House) <i>except Sep 2nd</i> 2pm– Neurodivergent Social Connection (In-Person @ Jubilee Park) <i>except Sep 16th</i>	
Thursdays	
10am–Mountainview Home (Staff @ Mountainview Home) 10am–Meditation & Gentle Stretch with Sari (In-Person @ Abby House) 1pm–What is Assertiveness? (Zoom) <i>except Sep 17th & 24th</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–1-1 Support with Sonia Clubhouse South Asian Peer Liaison (In-person @ Abby House) 11am–Coffee & Coloring Social Club (In-Person at Seven Oaks Mall) 1pm- Drop In ARTful Fridays (In-Person at Abby House) <i>except Sep 11th</i> 2pm–Practicing Self Care (Facebook) 3pm– Employment Conversations (Facebook)	

Clubhouse is closed Monday Sep 7th & 30th Sign up is not required for groups/events unless specified otherwise <u>CLUBHOUSE EVENTS:</u> <i>**details of events on page 6**</i> <u>Men's Group Meet Up & Games:</u> <u>In-person at Seven Oaks Mall Food Court</u> Saturday Sep 19th at 10am to 2pm <u>Naloxone Training/Overdose Conversations:</u> <u>In-person at Abby House</u> Monday Aug 17th at 1pm <u>Armchair Traveller:</u> <u>In-person at Abby House or Zoom</u> Tuesday Sep 8th at 1pm <u>Pizza & Planning: In-person at Abby House</u> Friday Sep 11th 1pm-3pm <i>**sign up is required for this event**</i> <u>South Asian Connection Schedule:</u> Introductions to Sonia: Sep 8th Join Armchair Traveller: Sep 15th Outing to Harrison Lake: Sep 22nd <i>**Sign up is required for the Harrison Lake Outing**</i> Lunch at Abby House: Sep 29th <u>Social Network Club Event:</u> <u>In-person at Communitas</u> Thursday Sep 24th 4-6pm <u>Volunteer In-Person @ the Food Bank Warehouse:</u> Friday, Jul 31st at 12:30pm-3:30pm <i>**Sign up is required for Food Bank Volunteering**</i> <u>Upcoming Workshops:</u> <i>**sign up is required for all Workshops**</i> 12 Week Anger Management
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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 September 3rd

NO GROUP SCHEDULED TODAY

Thursday, September 10th 1pm-3pm

YA2 & EPI 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 3-6 people maximum. Enjoy a snack and a drink while we chat about self care.

Thursday, September 24th 1pm-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.

YA2/Young Adults Virtual Check In with Christine

If you do not have an appointment to complete your paperwork then this is a good time for a 1-1 virtual check in.

You can call, text or email with Christine.

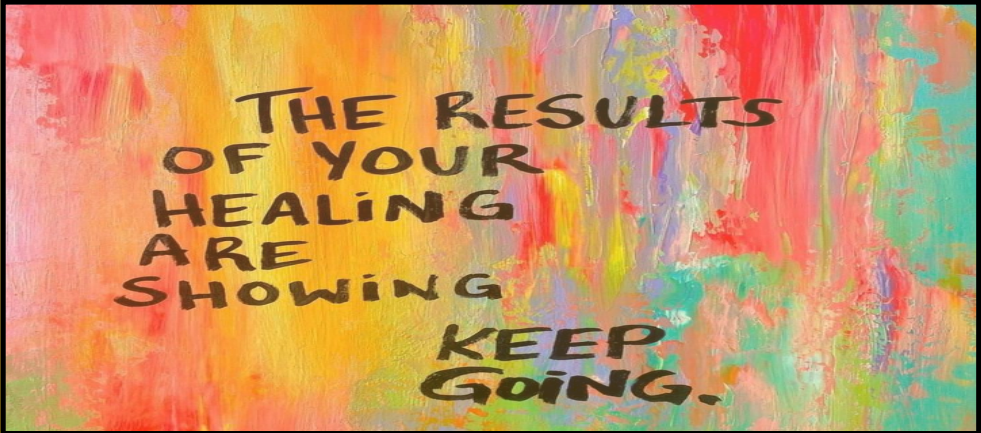
Thursday September 17th 1pm to 4pm

YA2/Young Adults Outing:

Walk and Lunch at Albert Dyck Park

Meet at the clubhouse for a ride at 1pm. We will arrive at the park around 130pm. Enjoy an afternoon of a leisurely walk around the park and have lunch. Leaving the park by 330pm to arrive back at the clubhouse at 4pm. IF the weather turns and it is raining we will change locations and stay at the clubhouse for lunch and a movie.

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



THE RESULTS
OF YOUR
HEALING
ARE
SHOWING
KEEP
GOING.

The diagram illustrates the job search process as a circular flow of interconnected steps and factors. At the center is a large magnifying glass with the word 'JOB SEARCH' written in bold, black letters. Surrounding this central hub are several key components:

- Education:** Represented by a graduation cap icon and the text 'Education' and 'TOGETHER'.
- Interview:** A green rectangular box labeled 'INTERVIEW' with arrows pointing to and from 'Experience', 'Skill', and 'Talent'.
- Qualification:** A section containing 'RESUME' (with a document icon), 'APPLICATION' (with a clock icon), and 'Strategy' (with a bar chart icon).
- Goal:** A target icon with an arrow hitting the bullseye, labeled 'Goal'.
- Other Elements:** A pie chart, a star, a cloud, and a lightbulb are also present, symbolizing different aspects of the process like analysis, inspiration, and achievement.

The entire diagram is drawn on a whiteboard with colorful markers. Several hands are visible around the board, indicating a collaborative and interactive process.

One to One Employment Support by 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.

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.

*****sign up is required for this group*****

PERSONAL LIFE/ SKILLS BUILDING PROGRAMS

NO SIGN UP IS REQUIRED FOR GROUPS UNLESS SPECIFIED

1-1 Support with Sari-Clubhouse Peer Liaison: We have a new work experience position for peer support in the clubhouse. If you are in need of specific support like learning transit, filling out applications, finding community resources and more please stop by and meet with Sari on Mondays between 10am to 12pm in-person at the clubhouse.

Anxiety/Depression Support Group: Join us on Mondays at 3pm in person at the clubhouse to have group discussions about how your Anxiety/Depression is affecting your life and how to manage these things.

Women's Group with Sari: Get together to discuss physical and mental health issues that are specific to women. We have a new topic each month and do a different craft/art project while we chat.

Drop In Swim/Sauna with Sari: Would you like to access the Matsqui Rec Centre but are nervous to do so alone? Meet Sari & Christine in the lobby at 12:45pm on Tuesday afternoons for a drop in swim, hot tub or sauna. Please use your rec pass for entry. If you do not have a subsidized rec pass yet please connect with staff and we can support you to apply for one as soon as possible.

South Asian Connection with Sonia: Are you part of the South Asian community and need support navigating your mental health challenges? Join us Tuesdays at 2pm for a different activity each week. We are introducing a South Asian Peer Support Liaison that will be co-facilitating group and 1-1 support. Connect with Christine if you have any questions.

Low Impact Movement: Each Wednesday at Abby House at 1pm we will try Tai Chi and Chair Yoga.

Neurodivergent Social Connection with Ryan: Are you looking for connection with your neurodivergent peers? Want to practice your social skills? Join Ryan and staff for this member led group Wednesdays from 2pm-4pm at Abby House.

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.

1-1 Support with Sonia-South Asian Peer Liaison: We have a new work experience position for peer support in the clubhouse. If you are South Asian and are in need of specific support like learning transit, filling out applications, finding community resources and more please stop by and meet with Sonia on Fridays between 10am to 12pm in-person at the clubhouse.

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.

Armchair Traveller, Tuesday Sep 8th 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.

Pizza & Planning, Friday Sep 11th at Abby House:

*****sign up is required for this event*****

Join us for pizza lunch and give your ideas/suggestions for the future virtual programming.

Men's Group Games, Saturday Sep 19th 10am to 2pm In Person at Seven Oaks Mall Food Court:

Meet Kevin on the third 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.

UPCOMING WORKSHOPS:

Anger Management Workshop Starting in October:

In-person at Abby House days and times to be determined

*****sign up is required for this workshop there is a maximum of 8 participants*****

This 12-Week Anger Management Workshop helps participants better understand anger and develop healthier ways to manage it. Through discussions, activities, and practical strategies, participants will build skills in emotional regulation, communication, and coping.

Sessions are led by a Certified Anger Management Specialist in a supportive, non-judgmental environment.

Participants will receive a Certificate of Completion at the end of the program.

Sign up with Jamie through email at jamiem.ccs@gmail.com or call/text at **604-308-1521**

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.