

Abby House Clubhouse

October 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-4pm

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: christinecruickshanks.ccs@gmail.com

Faith: faithp.ccs@gmail.com

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

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

Mondays	<i>Closed October 12th</i>
9am-3pm—QOL & Recovery Plans by appointment (Zoom/In-person @ Abby House) 10am—1-1 Support Appointment with Sari the Clubhouse Peer Liaison (In-Person @ Abby House) 12:30pm-2:30pm- All Ages Drop In Social (In-person @ Abby House) 2:30pm-4pm- Anxiety/Depression Support Group (In-Person @ Abby House)	
Tuesdays	
9am-11am— Reading Room (In-Person @ Abby House) 945am-12pm- Drop In Swim/Sauna with Sari (In-person @ MRC) 11am-GPU Mental Health Support (Staff @ GPU at ARH) 1pm- 2SLGBTQIA+ Resources (Facebook) 2pm-4pm- Women’s Group with Sari (In-Person @ Abby House)	
Wednesdays	
9am—Tai Chi (Zoom) 10am-12pm-Drop In Diamond Art & Discussion with Barry (In-Person @ Abby House) 11am-CRESST (Staff @ CRESST) 1pm-3pm- South Asian Connection with Sonia (In-Person on location) <i>see side schedule</i> ➡ 2pm-4pm-Neurodivergent Social Connection (In-Person @ Abby House)	
Thursdays	<i>Closed October 1st</i>
10am-Mountainview Home (Staff @ Mountainview Home) <i>except Oct 1st</i> 1030am-1130am- Meditation & Gentle Stretch with Sari (In-Person @ Abby House) <i>except Oct 1st & 8th</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-12pm- 1-1 Support with Sonia Clubhouse South Asian Peer Liaison (In-person @ Abby House) 11am-12pm-Coffee & Coloring Social Club with Barry (In-Person at Seven Oaks Mall) 1pm-3pm-Reading Room (In-Person @ Abby House) <i>except Oct 2nd</i> 1pm– 3pm- Drop In ARTful Fridays (In-Person at Abby House) <i>except Oct 2nd</i> 2pm-Practicing Self Care (Facebook) 3pm– Employment Conversations (Facebook)	

Clubhouse is closed Mon Oct 12th 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 with Kevin:</u> <u>In-person at Seven Oaks Mall Food Court</u> Saturday October 17th at 10am to 2pm <u>Armchair Traveller:</u> <u>In-person at Abby House or Zoom</u> Tuesday October 6th at 1pm <u>South Asian Connection Schedule:</u> Mental Health Discussions w/Sonia: Oct 7th Outing to Willowview Farms: Oct 14th Chat and Planning: Oct 21st Fall Celebration at Abby House: Oct 28th <u>Outing to Willowview Farms:</u> Wednesday October 14th 1pm-4pm <i>**sign up is required for this outing**</i> <u>Pumpkin Carving:</u> <u>In-Person at Abby House</u> Friday October 23rd 1pm-3pm <u>Fall/Halloween Celebration:</u> <u>In-Person at Abby House:</u> Wednesday October 28th 1pm-3pm <i>**sign up is required for this event**</i> <u>Volunteer In-Person @ the Food Bank Warehouse:</u> Friday, Oct 30th at 12:30pm-3:30pm <i>**sign up is required for Food Bank Volunteering**</i> <u>Upcoming Workshops:</u> 12 Week Anger Management Workshop Starting Friday November 6th at 10am. . 1-1 Meetings with Jamie for Enrollment will take place this month. See Page 7 for full details
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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 October 1st

NO GROUP SCHEDULED TODAY

Thursday, October 8th 1pm-4pm

YA2 & EPI Outing to Willowview Farms

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 walk around the farm and an apple cider slushy. Bring spending money if you wish to purchase anything at the store.

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

Thursday October 15th 1pm to 4pm

Young Adults Outing: to Willowview Farms

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****

Thursday, October 22nd 1pm-4pm

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, October 29th 1230pm-4pm

YA2/Young Adults Spooky Movie at Cheamview Clubhouse:

Travel to Cheamview Clubhouse for a spooky movie and snacks. If you wish to dress up you are more than welcome to do that as well. Meet at Abby House at 1230pm for a ride to Chilliwack.

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

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 and the word 'Education' with an arrow pointing towards the center.
- Experience:** Represented by a lightbulb and the word 'Experience' with an arrow pointing towards the center.
- Skill:** Represented by a smartphone icon and the word 'Skill' with an arrow pointing towards the center.
- Talent:** Represented by a gear icon and the word 'Talent' with an arrow pointing towards the center.
- Interview:** Represented by a green box with the word 'INTERVIEW' and an arrow pointing towards the center.
- Qualification:** Represented by a document icon and the word 'QUALIFICATION' with an arrow pointing towards the center.
- Resume:** Represented by a document icon and the word 'RESUME' with an arrow pointing towards the center.
- Application:** Represented by a document icon and the word 'APPLICATION' with an arrow pointing towards the center.
- Strategy:** Represented by a bar chart icon and the word 'Strategy' with an arrow pointing towards the center.
- Goal:** Represented by a target icon and the word 'Goal' with an arrow pointing towards the center.

The diagram is drawn on a whiteboard with colorful markers and includes illustrations of people's hands pointing to different parts of the process, suggesting a collaborative or multi-step approach.

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.

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 2:30pm in person at the clubhouse to have group discussions about how your Anxiety/Depression is affecting your life and how to manage these things.

Reading Room: Do you enjoy reading, but can't seem to dedicate time and space to do it? Do you want to improve your ability to focus while reading to be able to retain the information? Bring your book on Tuesday mornings and/or Friday afternoons and use the quiet space to read.

Women's Group with Sari: Get together on Tuesday afternoons at 2pm 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. For October we will create Vision Boards.

Drop In Swim/Sauna with Sari: Would you like to access the Matsqui Rec Centre but are nervous to do so alone? Meet Sari & Faith in the lobby at 9:45am on Tuesday mornings 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.

2LGBTQIA+ Resources: Wednesday at 10am, join us on Facebook to learn about the community resources that are available to support you.

Tai Chi: Join from home and practice a new mindfulness activity. Tai Chi is low impact and for beginners, Wednesdays at 9am over Zoom.

South Asian Connection with Sonia: Are you part of the South Asian community and need support navigating your mental health challenges? Join us Wednesdays at 1pm 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.

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 11am. Join Sari in a guided meditation or mindfulness exercise and seated gentle neck/shoulder stretches with discussion afterwards.

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-4pm. 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.

All Ages Drop In Social 1230-230pm In Person at Abby House on Mondays:

If you want to socialize with your peers please join us anytime between 1230-230pm for a coffee/tea and games.

Drop in Diamond Art with Barry 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 October 6th 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.

Outing to Willowview Farms, Wednesday October 14th 1pm-4pm:

****sign up is required by Friday October 9th for this event****

Meet at Abby House at 1pm and head to Willowview Farms for a walk around the farm, apple orchard and pet/feed the animals in the barn.

If you wish to drive yourself and meet us there please let the staff know.

Bring spending money if you want to purchase anything from the farm store.

Men's Group Meet Up/Games with Kevin, Saturday October 17th 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.

Pumpkin Carving Friday October 23rd at Abby House:

****sign up is required by Friday October 16th for this event****

Come and carve a pumpkin at the clubhouse from 1-3pm. Be sure to bring a bag to carry it home in. All supplies provided.

If you don't feel like carving a pumpkin there is still ARTful Friday and you can work on other art projects.

Fall/Halloween Celebration Lunch, Wednesday October 28th 1pm-3pm at Abby House:

****sign up is required by Monday October 26th for this event****

Come to the clubhouse to celebrate fall and have lunch with your peers.

ANGER MANAGEMENT WORKSHOP COMING IN NOVEMBER

We are excited to announce the launch of our new 12-Week Anger Management Workshop, a supportive and skills based program designed to help participants better understand anger and learn healthy and effective ways to manage it.

This workshop starts on Friday November 6th at 10am In-Person at Abby House.

The group will take place each Friday for 12 weeks at 10am to 12pm In-Person at Abby House.

Participants will also have the option to meet weekly on Mondays from 11am to 12pm for Anger Management Debrief to have open discussion and support about how the workshop is going for them.

Throughout the 12 weeks participants will take part in guided discussions, practical activities and skill building exercises focused on emotional regulation, communication and coping strategies. Our certified anger management specialist will facilitate each session, providing professional guidance, structure and support in a safe, respectful and non-judgmental environment.

This is a closed workshop and registration is required. Space is limited. Upon completion participants will receive a Certificate of Completion recognizing their commitment to personal growth and skill development.

If you are interested in learning more and registering for this workshop please connect with Jamie and book an apt for a 1-1 Enrollment Meeting.

Jamie: Call/Text at 604-308-1521 Email: jamiem.ccs@gmail.com



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.