

Abby House November 2026 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>

**Clubhouse is Closed on
Wednesday November 11th
for The Remembrance Day
Statutory Holiday**

Funding Provided By:



Mondays

9am-3pm–QOL & Recovery Plans by appointment (Zoom/In-person @ Abby House)
10am-12pm- Anger Management Participant Check In/Support *except Nov 9th*
12:30pm-2:30pm- Drop In Social (In-person @ Abby House)
2:30pm-4pm- Anxiety/Depression Support Group (In-Person @ Abby House) *except Nov 9th*

Tuesdays

9am-11am– Reading Room (In-Person @ Abby House)
11am-1pm- 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 *****closed Nov 11th*****

9-9:30am–Tai Chi (Zoom)
10am-11:45am-Drop In Diamond Art & Discussion with Barry (In-Person @ Abby House)
11am-CRESST (Staff @ CRESST)
1pm-Practicing Self Care (Facebook)
2pm-4pm- South Asian Connection with Sonia (In-Person on location) ***see page 4 for details***

Thursdays

10am-Mountainview Home (Staff @ Mountainview Home)
1030am-12pm- Meditation & Chill-i with Sari (In-Person @ Abby House)
1pm-4pm (times vary) -YA2 (Virtually or In-Person) ***see page 3 for details***
1pm-4pm (times vary) -Young Adults (Virtually or In-Person) ***see page 3 for details***

Fridays

10am-12pm-Anger Management Workshop (Closed Group In-person @ Abby House)
11am-Employment Conversations (Facebook)
1pm-3pm-Reading Room (In-Person @ Abby House) *except Nov 27th*
1pm-3pm- Drop In ARTful Fridays (In-Person at Abby House) *except Nov 27th*

CLUBHOUSE EVENTS:

Sign up is not required for groups/events unless specified otherwise
details of events on page 6

Men's Group Meet Up/Games with Kevin:

In-person at Seven Oaks Mall Food Court Saturday Nov 21st, 10am- 2pm

Armchair Traveller:

In-person at Abby House or Zoom
Tuesday Nov 17th, 1-2pm

Neurodivergent Social Drop In:

In-person at Abby House
Wed Nov 25th 1pm-4pm

Member Leader Support Meeting:

In-person at Abby House
Fri Nov 27th 10am-11am

Volunteer In-Person at the Food Bank Warehouse:

Friday, Nov 27th at 12:30pm-3:30pm
sign up is required for volunteering

1-1 Support with a Clubhouse Peer Liaison:

Connect with Sari or Sonia if you need support with something like making a resume, looking for work, applying for a job,applying for BC Housing, preparing for getting CPP, learning how to take the bus, getting a rec pass and much more.

YOUNG ADULTS PROGRAM

Group activities happen at the clubhouse, in the community or virtually

This program is designed for those between the ages of 19-30.

It generally runs Thursdays from 1-4pm in-person and/or virtually.

We are running two programs; Young Adults and YA2 talk to Christine or Faith about which is a better fit for you.

If you have any questions please contact Christine or Faith

Christine 604-302-6001 or Email: christinecruickshanks.ccs@gmail.com

Faith 604-819-4215 Email: faithp.ccs@gmail.com

All Abby House staff members are also available for one on one support by appointment.

SIGN UP IS NOT REQUIRED FOR GROUPS UNLESS SPECIFIED OTHERWISE

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PEOPLE

**Thursday, November 5th at Abby House
1pm-3pm YA2 & EPI**

Holiday Stress Management Discussion:

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. Join us for a small group discussion about how to manage the stress, loneliness or other uncomfortable feelings that can come with the upcoming holiday season.

**Thursday, November 19th at Abby House
1pm-4pm YA2/Young Adults**

Quality of Life 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 or Faith.

**Thursday November 12th at Abby House
1pm-4pm Young Adults**

Fall Art Watercolor Canvas:

Let's create work of art with real fall leaves and foliage and water color paints.
Hot drinks and snacks will be provided.

**Thursday, November 26th at Abby House
1pm-4pm YA2/Young Adults**

Dinner and Discussion:

Enjoy a free hot meal and have a group discussion about how to manage the stress, loneliness or other uncomfortable feelings that can come with the upcoming holiday season.

SOUTH ASIAN CONNECTION

This program is designed for those from the South Asian Community. Activities happen at the clubhouse, in community or virtually. It runs Wednesdays from 1-4pm in-person and/or virtually. Generally the schedule is as follows: The first Wednesday of each month is a women's only group. The second Wednesday of each month is a men's only group. The third Wednesday of each month is a group gathering for men and women. There is no group on the last Wednesday of the month at this time.

If you have any questions please contact Christine

Phone: 604-302-6001 or Email: christinecruickshanks.ccs@gmail.com

SIGN UP IS NOT REQUIRED FOR GROUPS UNLESS SPECIFIED OTHERWISE

1-1 Support with the South Asian Clubhouse Peer Liaison:

Connect with Sonia if you need support with something like making a resume, looking for work, applying for a job, applying for BC Housing, preparing for getting CPP, learning how to take the bus, getting a rec pass, finding community resources and much more.



Wednesday November 4th 1pm-4pm Women's Group Painting Diva's' for Diwali at Abby House

Enjoy a chat and get creative. Have a tea and paint/decorate divas with the women in the group. If you want to bring some snacks for the group to share you are welcome to

Wednesday November 11th No Group Scheduled Clubhouse is Closed for Remembrance Day

**Men's Group will be moved to
next week, the third Wednesday
of the month.**

Wednesday November 18th 1pm-4pm Men's Group Tea & Games at Seven Oaks Mall

Come and check in the the other men in the group. Have a cup of tea/coffee and play cards/dice games or just have a chat. The group will meet in the Food Court of the Seven Oaks Mall. There will be a shiny red party decoration on the table so you can find the group. Please call or text Christine at 604-302-6001 when you arrive if you can't find the table.

EMPLOYMENT PROGRAMS



Employment Conversations: Fridays at 3pm. Some of the topics may include work readiness, transportation, routines, nutrition, resume building, transferable 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.

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 clubhouse 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

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 need a quiet space to study or use your laptop/phone/tablet? Do you want to improve your ability to focus while reading to be able to retain the information? Bring your book/devices on Tuesday mornings and/or Friday afternoons and use the quiet space.

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 November 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 11am 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: Tuesday at 1pm, 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.

Meditation & Chill-i with Sari: In-Person at Abby House Thursdays at 10:30am. Join Sari in a guided meditation or mindfulness exercise and seated gentle neck/shoulder stretches with a bowl of chilli afterwards. Meditation runs from 1030am-11:15am, then lunch is served at 11:30am. You must participate in meditation if you wish to have lunch.

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 a Clubhouse Peer Liaison: If you would like 1-1 support for something please connect with staff or with Sari or Sonia so we can book you an apt with one of our clubhouse peer liaison participants.

SOCIAL/RECREATIONAL PROGRAMS

Neurodivergent Social Connection with Ryan the last Wednesday of each month 1pm-4pm at Abby House: Are you looking for connection with your neurodivergent peers? Want to practice your social skills? Join Ryan for this memberled social group.

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 November 17th 1pm at Abby House or over Zoom: Armchair Traveller 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.

Men's Group Meet Up/Games with Kevin, Saturday November 21st 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.



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.