

Abby House Clubhouse

January 2022 Program Calendar

Clubhouse Hours Monday-Friday 9am-4pm (Thursdays from 2pm-6pm for Young Adults)

One-on-One Appointments - Available Daily - If you would like to meet with staff via Zoom, Facebook or in-person please call or text to make an appointment.

How to Connect With Us

Call or Text: 604-302-6001

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

Email: adinam.ccs@gmail.com

jamiem.ccs@gmail.com

christinecruickshanks.ccs@gmail.com

If you would like to attend virtual programs or appointments but do not have a device please contact the clubhouse staff and we can connect you to the programs on a device here at The Hall.

Funding provided by:



Creative Centre Society For Mental Wellness



ABBY HOUSE PROGRAMS

January 2022

Mondays **except January 3rd **

10am– Coffee Group (In-Person @ Seven Oaks Mall Food Court)
 11am– Monday Morning 5 Min Stretch (Facebook)
 12pm– Men’s Group (In-Person @ The Hall)
 1pm– WRAP Support (Facebook)
 2pm– Boundaries Discussion (Zoom)

Tuesdays

10am– Job Club (In-Person @ The Hall)
 11am- Community Resources (Facebook)
 12pm– Anxiety/Depression Support Group (In-person @ The Hall)
 1pm– Music Therapy (In-person @ IPU at ARH **Closed Group**)
 2pm- Recuperate from the Holidays (Zoom)

Wednesdays

10am– Coffee Group (In-Person @ Seven Oaks Mall Food Court)
 11am– Naloxone Training and Overdose Conversations (Facebook)
 12pm– Mental Health Support Group (In-Person @ The Hall)
 1pm– Personal Accountability In The Workplace (Facebook)
 2pm– Communication Skills (Zoom)

Thursdays

10am–Meal Planning on a Budget (In-Person @ The Hall)
 11am–Aromatherapy, Meditation and Mindfulness (Facebook)
 12pm– Technology Thursdays (In-person @ The Hall) ****except Jan. 27th** due to the bowling outing**
 1pm– Workplace Wellness Discussions (Zoom)
 2pm- YA2 (Virtually & In-person) ****see page 4 for details****
 4pm– Young Adults (Virtually & In-Person) ****see page 4 for details****

Fridays

10am– Job Search and Employment Skills Conversations (Facebook)
 11am– Exploring Diversity (Facebook)
 12pm– Painting Class (In-Person @ The Hall)
 2pm– Weekend Wellness (Facebook)

Clubhouse is closed on
Monday, January 3rd
 as a Statutory Holiday
 to observe
New Years Day



CLUBHOUSE EVENTS

Jan 11th: Armchair Traveler 1-2pm:

Let’s visit Africa. Join us in-person or over Zoom for a virtual tour and learn about the culture, food and customs.

January 27th: Bowling Outings: **12-2pm for Clubhouse and** **4-6pm for Young Adults Program:**

Covid-19 Vaccination is required to attend this event

Meet us at Galaxy Bowling Lanes at 32490 Simon Avenue at 12pm.

EXCITING NEWS!!

WRAP Workshop in February:

WRAP (Wellness Recovery Action Plan)
 February 8, 10, 11 & 15, 17, 18
 Tuesday, Thursday and Friday
 for 2 weeks from 12-3pm.

*****Sign up is required and space is limited*****

Connect with the Abby House staff at
 604-302-6001

PROGRAM DETAILS

Coffee Group: Come check in with each other over a coffee.

Monday Morning 5 Minute Stretch: Enjoy the health benefits of stretching at home.

Men's Group: Meet up and discuss topics specific to men's health and wellness. We will learn about resources dedicated to you.

WRAP Support: Join us for support wherever you are in your WRAP (Wellness Recovery Action Plan) journey.

Boundaries Discussion Group: Lets talk about strategies on how to set and maintain healthy boundaries.

Job Club: Join us to talk about job readiness, make resumes and cover letters, fill out applications, maintain your current job and more.

Community Resources: Learn what your community has to offer, how to use that resource and what they can bring to your life.

Anxiety/Depression Support Group: Talk about how the symptoms affect our lives and what we can do to change things and live our best lives.

Recuperate from The Holidays: The Holidays bring different things for all , together we can strategize on how to recover.

Naloxone Training and Overdose Conversations: Watch training videos, discuss the overdose crisis and find local resources.

Mental Health Support Group: Discuss your mental health and how it affects your life, learn different ways to manage and stay well.

Personal Accountability In The Workplace: Lets talk about how you can enjoy your job and make it sustainable.

Communication Skills: Each week we will discuss a different skill. Learn how to be assertive, resolve conflict, ask questions and more.

Meal Planning on a Budget: Create a shopping list based on meals you can create with limited ingredients to stay within your budget.

Aromatherapy, Meditation & Mindfulness: Participate in a guided meditation, mindfulness or aromatherapy video on Facebook.

Technology Thursdays: Want to learn how to use the virtual world? We can help with that. Bring your device or use one of ours.

Work Place Wellness Discussions: Get together to talk about how to use your wellness tools in the workplace.

YA2: ****See page 4 for details of the activities each week.**** You're welcome to bring a friend, family member or support worker with you.

Young Adults: ****See page 4 for details of the activities each week.**** Socialize with a fun and therapeutic activity.

Job Search and Employment Skills Conversations: Learn local job listings and have a conversation on Facebook about work related topics.

Exploring Diversity: Discover what resources are available for education and support for the LGBTQ2S+ community.

Painting Class: Follow a step by step instructional video to create your own work of art.

Weekend Wellness: Learn from each other some selfcare tips to use over the weekend.

"It's no coincidence that four of the six letters in health are "heal."

~ Ed Northstrum

health

Young Adults Program

Group activities happen at The Hall or in the Community

Thursdays from 2-6pm in-person and virtually. We are running two programs each Thursday, talk to Christine about which is a better fit for you. YA2 is from 2-4pm and Young Adults is from 4-6pm.

If you have any questions please contact Christine.

Call or text 604-302-6001 or email christinecruickshanks.ccs@gmail.com

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

Have you ever done a WRAP (Wellness Recovery Action Plan)?

It is a group workshop where you will create a personal plan for your wellness. It will outline what you can do to maintain your wellness. It will also guide you and others on what to do when you are not well. If you are interested in learning more or attending our workshop in February please contact Christine.

January 6th

YA2 2-4pm

Young Adults 4-6pm

Art Therapy

Join us for a therapeutic coloring or sketching experience. Use art to express your feelings without talking.

No experience required.

January 13th

YA2 & Young Adults 2-6pm

My Anxiety Plan (MAP) Part 1

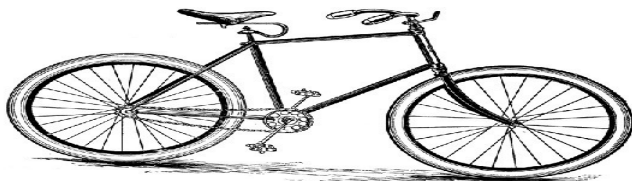
Want to learn more about Anxiety, how it feels and what you can do for yourself? Join us for a group workshop and create your own plan on how to deal with Anxiety.

January 20th

YA2 & Young Adults 2-6pm

My Anxiety Plan (MAP) Part 2

Want to learn more about Anxiety, how it feels and what you can do for yourself? Join us for a group workshop and create your own plan on how to deal with Anxiety.



Life is like
riding a bicycle
TO KEEP YOUR
BALANCE
You must keep
Moving

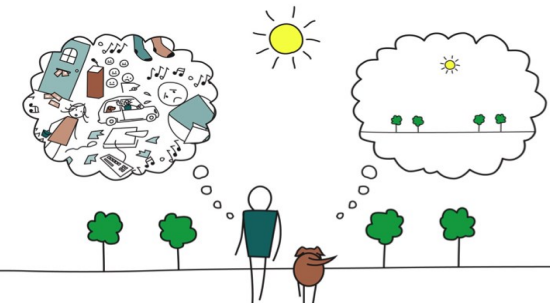
January 27th

YA2 & Young Adults 4-6pm

Bowling Outing

****PROOF OF VACCINE REQUIRED****

Join us at Galaxy Bowl on Simon Ave.
Meet in the lobby of the building at 3:30pm



Mind Full, or Mindful?

IMPORTANT NEWS

ATTENTION

Masks are required for all indoor meetings and programs. Vaccinations are not required to access clubhouse, but some outings and events in the community may require vaccinations. See calendar for details or speak with staff. If you are feeling unwell or have any cold or flu symptoms please connect with us virtually and do not attend in person programs.

VIRTUAL WRAP AND RST SESSIONS ARE AVAILABLE

For information and to register for sessions go to: peersupportcsc.com

If you require any support signing up or have any questions.

Email: wrapinfo@communitascare.com

Call: 1-800-211-0585

Naloxone:

Please connect with us if you are interested in Naloxone Training or are in need of a Naloxone kit.

Supplies Available at the Clubhouse

- *Naloxone Kits
- *Male/Female Condoms
- *Feminine Hygiene Products

One-on-One

Computer Support or Usage

Please contact the clubhouse to schedule one-on-one computer support or to use one of our computers for job/housing search or personal connections/interest

FOOD SECURITY:

If you are in need of food, please connect with us. We can help

**WANT TO FIND WORK,
BECOME A VOLUNTEER OR
MAINTAIN YOUR CURRENT JOB?**

Join our Job Club

Employment support is available virtually or in-person by appointment. We can support you with job search, resume building, interview skills, computer skills etc.

You can also participate in any of our employment readiness programs. Contact the staff for more Information or to make an appointment.

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 can volunteer a minimum of either 5 or 10 hours per month for which they will receive a \$50 or \$100 honorarium. Connect with Christine if you are interested in this program to be added to the waitlist.

Supported Employment

This program provides an opportunity for members to gain work experience in a supported environment in this rehab training program. The Clubhouse currently offers landscaping, janitorial and moving supported employment opportunities. The members are paid a stipend at minimum wage rate and have the ability to participate in the program for up to 2 years (or 2 seasons) with the goal of obtaining the skills to then pursue competitive employment. Please contact the staff for more information.

(Please note the Janitorial and Moving Programs are currently on hold due to Covid-19 restrictions. The Lawn Maintenance Program season is over for this year. Feel free to connect with staff about general inquiries or to be put on the waitlists)