


November 2019

Creative Centre Society - Abby House

2676 Gladys Ave, Abbotsford, BC ~ Ph: 604-850-1235 or Cell: 604-302-6001

Hours: Generally Monday to Friday- 9AM – 4PM, Young Adults: Generally Thursdays 4PM-8PM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
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| | <p>The regular YA group is on Thursday evenings. Check out the YA Calendar for more details.</p> <p>For those who have anxiety around large groups we have a YA2 group on Fridays, talk to Christine for details.</p> |  | | <p>9:30am- Community Volunteering</p> <p>10am-Member Facilitators Training and Support</p> <p>10am- Hearing Voices</p> <p>11 am- Teaching Kitchen</p> <p>1pm-YA2</p> <p>1pm- Bonfire at The River</p> <p>**sign up required**</p> |
| 4 | 5 | 6 | 7 | 8 |
| <p>9:30am-12:30pm- WRAP 1/6</p> <p>11:30- Healing through Poetry</p> <p>12pm- Program Planning & Soup</p> <p>12:30pm-Rec Centre Outing / Floor Hockey</p> <p>**sign up required**</p> | <p>9:30am- Job Search Club</p> <p>10 am- Crafting and Community</p> <p>11 am- Teaching Kitchen</p> <p>12:30 pm-Essential Oils & Meditation</p> <p>1pm- Finding Calm</p> <p>2pm- Grounding in Nature</p> | <p>9:30am-12:30pm- WRAP 2/6</p> <p>Orientation, Intake & QOL</p> <p>all run from 1:00pm-3:00pm</p> <p>2pm- CRESST Connections</p> | <p>9:30am-12:30pm- WRAP 3/6</p> <p>10 am-Womens Wellness</p> <p>12 pm- Tea Social</p> <p>1pm- Mens Wellness</p> <p>2pm- Learning about Psychosis</p> <p>2:30pm- WorkBC</p> <p>2:30pm- Whats on your MIND?</p> <p>4 pm- Young Adults</p> | <p>9:30am- Get to Work- Resumes</p> <p>10am-Member Facilitators Training and Support</p> <p>10am- The Up's & Downs</p> <p>11 am- Teaching Kitchen</p> |
| 11 | 12 | 13 | 14 | 15 |
| <p>Clubhouse Closed for Remembrance Day</p> | <p>9:30am-12:30pm- WRAP 4/6</p> <p>10am- Kindness Rocks Project</p> <p>11 am- Teaching Kitchen</p> <p>11 am- Naloxone Training</p> <p>12:30 pm-Essential Oils & Meditation</p> <p>1pm- Beyond Depression</p> <p>2pm- Grounding in Nature</p> | <p>9:30am-12:30pm- WRAP 5/6</p> <p>Orientation, Intake & QOL</p> <p>all run from 9:30am-3:00pm</p> <p>1pm- Christmas Gifts on a budget</p> <p>**Sign up required**</p> | <p>9:30am-12:30pm- WRAP 6/6</p> <p>12 pm- Tea Social</p> <p>1pm- FREE Flu Shot Clinic</p> <p>1pm- Mens Wellness</p> <p>2pm- Learning about Psychosis</p> <p>2:30pm- WorkBC</p> <p>2:30pm- Whats on your MIND?</p> <p>4 pm- Young Adults</p> | <p>9:30am-Get to Work- Applications & Cover Letters</p> <p>10am-Member Facilitators Training and Support</p> <p>10am- Hearing Voices</p> <p>11 am- Teaching Kitchen</p> <p>1pm-YA2</p> |
| 18 | 19 | 20 | 21 | 22 |
| <p>9:30- 11:30- Learning to Cope</p> <p>10am- Coffee & Check in</p> <p>11:30-Healing through Poetry</p> <p>12pm-Menu Planning & Soup</p> <p>12:30pm- Floor Hockey</p> <p>1:30pm- Tour of the Saputo Factory</p> <p>**sign up required**</p> | <p>9:30am- Job Search Club</p> <p>10 am- Crafting and Community</p> <p>11 am- Teaching Kitchen</p> <p>12:30 pm-Essential Oils & Meditation</p> <p>1pm- Finding Calm</p> <p>2pm- Grounding in Nature</p> | <p>Clubhouse Closed for staff meeting from 9am -1:00pm</p> <p>Orientation, Intake & QOL</p> <p>all run from 1:00pm-3:00pm</p> <p>2pm- CRESST Connections</p> | <p>10 am-Womens Wellness</p> <p>12 pm- Tea Social</p> <p>1pm- Mens Wellness</p> <p>2pm- Learning about Psychosis</p> <p>2:30pm- WorkBC</p> <p>2:30pm- Whats on your MIND?</p> <p>4 pm- Young Adults</p> | <p>9:30am-Get to Work- Interviews</p> <p>10am- The Up's & Downs</p> <p>11am- LGBTQ+2 Support Group-</p> <p>**See back for details**</p> <p>11am- Teaching Kitchen</p> |
| 25 | 26 | 27 | 28 | 29 |
| <p>9:30- 11:30- Learning to Cope</p> <p>10am- Coffee & Check in</p> <p>11:30-Healing through Poetry</p> <p>12pm-Outing Planning & Soup</p> <p>12:30pm- Floor Hockey</p> <p>1pm-31+ Group Young At Heart</p> <p>2pm- Golden Years 55+</p> | <p>9:30am- Job Search Club</p> <p>10am- Kindness Rocks Project</p> <p>11 am- Teaching Kitchen</p> <p>11am- Naloxone Training</p> <p>12:30 pm-Essential Oils & Meditation</p> <p>1pm- Beyond Depression</p> <p>2pm- Grounding in Nature</p> | <p>Orientation, Intake & QOL</p> <p>all run from 9:30am-3:00pm</p> <p>1pm- Christmas Gifts on a budget</p> <p>**Sign up required**</p> | <p>10 am-Womens Wellness</p> <p>12 pm- Tea Social</p> <p>1pm- Mens Wellness</p> <p>2pm- Learning about Psychosis</p> <p>2:30pm- WorkBC</p> <p>2:30pm- Whats on your MIND?</p> <p>4 pm- Young Adults</p> | <p>10am-Member Facilitators Training and Support</p> <p>11 am- Teaching Kitchen</p> |

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Sign up is required for some programs and outings. Seating may be limited. Check the sign up board or call the Abby House staff.

Program Descriptions

Outings

sign up required for all outings

- Friday, Nov 1st @1pm Bonfire at The River in Matsqui Park
- Monday, Nov 4th @12:30pm Rec Centre
- Monday, Nov 18th @1:30pm Tour of the Saputo Cheese Factory

Employment Programs

Tuesdays @9:30am: Job Search Club
learn how to look for work on the computer.

Thursdays @ 2:30pm: Work BC
go to the Work BC office and learn what services they offer.

Fridays @ 9:30am: Get to Work
learn to make resumes, fill out applications, interview skills and more.

Teaching Kitchen Menu

- Nov 1- Pulled Pork w/ Tater Tots
- Nov 5- Ham & Cheese Melt w/ Soup
- Nov 8- Cheeseburger & Caesar Salad
- Nov 12- Sheppard's Pie
- Nov 15- Pork Chops w/ Mashed & Veg
- Nov 19- Mexican Mac & Cheese
- Nov 22- Chef's Surprise
- Nov 26- Beef Stroganoff
- Nov 29- Hot Dogs & Chips

Lunch is available on Tuesdays &

Fridays @ 12 PM. Cost is \$4.00

Lunch Sign up is required before 11 am

55+ Group, The Golden Years: Connect with the resources available in your community. Build social connections and relationships with your peers.

YA2: This is a small, low key group for young adults age 19 to 30. This group will be for those who are not currently in the Thursday night group. You can come and Just BE: Simple, calm and quiet.

Naloxone Training: Have a real conversation about the overdose crisis and learn how to administer naloxone in case of an emergency.

Learning to Cope: Come work on understanding your stress and learning how to have positive coping strategies.

WRAP: (Wellness Recovery Action Plan) Together with your peers you will learn the concepts of WRAP and how to use the skills in daily life. This session runs Nov. 4,6,7,12,13,14 9:30am-12:30pm. This is a closed group. The November course is full, we encourage everyone to sign up for the next class.

Mens and Womens Wellness groups: These groups are a great opportunity to support each other on the journey for wellness. Come and join us to discuss what is important and build relationships.

31+Group Young At Heart: Lets have some adventures while building connections with your peers.

Coffee and Check in: Starting Mondays on Nov.18th at 10am. Come check in after the weekend, have a coffee and muffin.

Christmas Gifts on a Budget: Home made Christmas gifts for your loved ones. Wednesdays @ 1pm, Nov 13, 27, Dec 4, 11 18.
No cost to you, we take care of everything. ****sign up required****

Support Groups

The Ups & Downs

(Bipolar Support)

2nd & 4th Friday

10 am

Hearing Voices

(Hallucination Support)

1st & 3rd Fridays

10am

Beyond Depression

(Depression Support)

1st & 3rd Tuesdays

1pm

Finding Calm

(Anxiety Support)

2nd & 4th Tuesday

1pm

What's on Your MIND?

(Brain Injury Support)

Thursdays

2:30pm

LGBTQ2+

Meeting @ Bevan Picnic
Shelter in Mill Lake Park

4th Friday

11am