

# Abby House Clubhouse

## November 2020 Program Calendar

### EXCITING NEWS

#### Temporary Clubhouse Space: The Hall @ 33889 Essendene Avenue, Abbotsford

Abby House has had to move locations. We will be using (The Hall) at the Social Activity Association. It is located just down the road from the clubhouse. There is lots of parking in the back, you can enter from Cyril Street off of Essendene or George Ferguson Way. If you need help with directions please contact the staff. The entrance is the big blue/green door between the two buildings. We are looking forward to using this new space and hope to see you all soon.

**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 one on one virtually via Zoom, Facebook or in-person please call or text to make an appointment.**

#### How to Connect With Us Virtually

**Call:** 604-850-1235

**Call or Text:** 604-302-6001

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

**Email:** [adinam.ccs@gmail.com](mailto:adinam.ccs@gmail.com)

[jamiem.ccs@gmail.com](mailto:jamiem.ccs@gmail.com)

[christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com)



Funding provided by:



*Creative Centre Society*





# ABBY HOUSE PROGRAMS

**\*\*see pages 3&4 for program details\*\***

**Monday-Friday Facebook Connections 9:30am-3:30pm**

## Mondays

9:30am– Employment Conversations with Bonnie Nov 2nd & 16th (Facebook)  
 11am– Check In (In-person @ The Hall)  
 12pm– Member Led Walking Group (In-person @ Seven Oaks Mall)  
 1:30pm– Coloring Club (In-person @ The Hall)



## Tuesdays

9:30am–12:30pm WRAP Nov17th & 24th (In-person @ The Hall)  
 9:30am– Naloxone and Overdose Conversations (Facebook)  
 11am– Life Skills (Virtually & In-person @ The Hall)  
 12pm– Member Led Walking Group (In-person @ Seven Oaks Mall)  
 1:30pm– Boundaries Discussion (In-person @ The Hall)  
 2pm–Anxiety/Depression Support Group (Zoom)



## Wednesdays \*No programs on Nov.11th due to Remembrance Day

9:30am– Ted Talks (Facebook)  
 11am– Bus Training with Liana (In-person @ The Hall)  
 12pm– Member Led Walking Group (In-person @ Seven Oaks Mall)  
 1:30pm– Learn to Navigate the Virtual World (In-person @ The Hall)



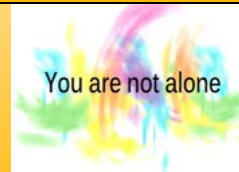
## Thursdays

9:30am-12:30pm– WRAP Nov19th & 26th (In-person @ The Hall)  
 9:30am– Mindfulness and Meditation (Facebook)  
 11am– Wellness Discussions (Virtually & In-person @ The Hall)  
 12pm– Member Led Walking Group (In-person @ Seven Oaks Mall)  
 3pm-YA2 (Virtually & In-person @ The Hall)  
 4:30pm-Young Adults (Virtually & In-person @ The Hall)



## Fridays

9:30am-12:30pm– WRAP Nov20th & 27th (In-person @ The Hall)  
 11am-Resources Guide (Facebook)  
 12pm-Member Led Walking Group (In-person @ Seven Oaks Mall)  
 1:30pm-Check In (In-person @ The Hall)



The Clubhouse will be closed

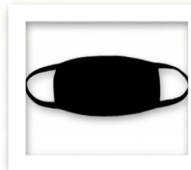
**Wednesday November 11th, 2020**

**For Remembrance Day**

**Physical distancing and personal safety practices will be enforced at The Hall to ensure that everyone stays safe.**

*During in person groups and meetings staff and members must:*

Wear a mask.



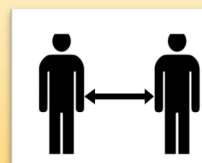
Wash/  
sanitize hands.

Temperature check.



Pass risk assessment questions.

Maintain physical distance.



Do not consume food or beverages inside The Hall.

# Program Details

**WRAP:** November 17th, 19th, 20th & 24th, 26th, 27th @ 9:30am-12:30pm - WRAP will be offered in-person at The Hall over 2 weeks on Tuesdays, Thursdays and Fridays. Sign up is required through the WRAP Info line. Please see page 6 for more details.

**Employment Conversations With Bonnie:** On the 1st and 3rd Mondays of the month @9:30am have a conversation on Facebook about work related topics like resume building, interview questions or skills, job applications and much more.

**Check In:** Mondays @11am & Fridays @ 1:30pm join us in-person at The Hall for a check in with your peers before and after each weekend.

**Member Led Walking Group:** Monday to Friday @12pm enjoy an easy paced walk with Pete and or Barry every day of the week. Meet them at the food court in the Seven Oaks Mall.

***If any other members are interested in leading a walk please connect with the staff.***

**Coloring Club:** Mondays @1:30pm. Coloring is a great mindfulness technique to learn, it can help you focus on the moment and be very relaxing.

**Naloxone Training, Overdose Conversations and Take Home Kits:** Tuesdays @9:30am we will post training videos, overdose crisis discussion topics and resources. If you are in need of a Naloxone please connect with staff.

**Life Skills:** Tuesdays @11am, Nov 3rd & 10th in The Hall, Nov 17th & 24th on Facebook. Each month we will discuss a different skill. This month we will meet in-person at The Hall and discuss ways to stay organized by using a day planner, calendar or your phone to keep a schedule, make appointments, and set reminders.

**Boundaries Discussion Group:** Tuesdays @1:30pm join us in-person at The Hall to talk about strategies on how to set and maintain healthy boundaries.

**Anxiety/Depression Support Group:** Tuesdays @ 2pm support each other through listening and sharing in our virtual support group on Zoom.

## Job Club

***Employment support is available by appointment. We can support you with job search, resume building, interview skills and more! Virtually or in person.***

***Contact Christine for more information or to make an appointment.***

***Or join Bonnie on Mondays on Facebook for Employment Conversations.***



# More Program Details

**Ted Talks:** Wednesdays @ 9:30am. We will post a Ted Talk on Facebook, please watch it when you are able to. We will have a continuous conversation in the comments section around what we felt and what we learned from that video.

**Bus Training with Liana:** Wednesdays @11am. Meet us at The Hall and explore the bus system. We will start this month by learning to read the bus schedule, use the BC Transit App and plan your route.

**Learn to Navigate The Virtual World:** Wednesdays @1:30pm. Together we will practice using all of the apps that help us stay connected to each other virtually. Zoom, Facebook, Email and more. Bring your device (phone, tablet or laptop). If you don't have access to one please contact the staff for more options.

**Meditation and Mindfulness:** Thursdays @9:30am. We will post a video or resources on Facebook and together we will discuss how your meditation went, the benefits of meditation and learn new mindfulness techniques.

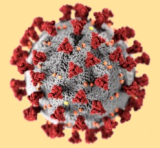
**Wellness Discussions:** Thursdays @11am. Nov 5th & 12th in The Hall, Nov 19th & 25th on Facebook. Lets get together to talk about our wellness tools, when and how we use them, and discuss healthy coping strategies.

**YA2:** Thursdays @3pm. Meet up in-person at The Hall. Socialize with a few of your peers in a calm environment. Different activities each week. If you are unable to meet in-person, you can join us virtually over Facebook Messenger, call, text or video chat apps. Contact Christine to make arrangements.

**Young Adults:** Thursdays @4:30pm. Get together at The Hall to socialize with your peers and take a coffee To Go afterwards. See page for details on activities each week.

**Resources Guide:** Fridays @11am. Each week we will post a different resource or information source that people could access on their own. We will look at free or affordable resources for food, counselling, support groups, online courses, self help, training programs and much more.

## ATTENTION



It is important that we all do our part to slow the spread of Covid-19 and flatten the curve. If you are feeling unwell please connect with us virtually and do not attend in person programs.

We ask that if you plan to visit us please call ahead when possible.

**Boldness  
takes you  
further  
than fear.**





# Young Adults Program

Thursdays from 3-6pm (Virtually 3pm-4pm & In-person 4:30pm-6pm)



For those of you who can't meet in person, we will meet virtually each week over Zoom, Facebook, Call, Text or Email. To be added to the discussion please contact Christine.

We will meet weekly in-person at the Hall in our new space. You can take a coffee to go at the end of the program.

## November 5th

### Check in and Calendar Planning

Let the group know what's new for you and how things are going. Share experiences and advice with each other. Then we will come up with some ideas for COVID safe activities we can do in December

## November 12th

### Zentangle Art

Together we will learn how to create a doodle that is unique to your style. No experience or supplies needed. See how this can help you focus, be mindful and relax.

## November 19th

### Giving Back

Lets write something to make someone's day a little better and send it to them virtually. We can call, email, text, Facebook and more. Everyone could use a kind word, phrase or inspirational quote to make their day brighter.

## November 26th

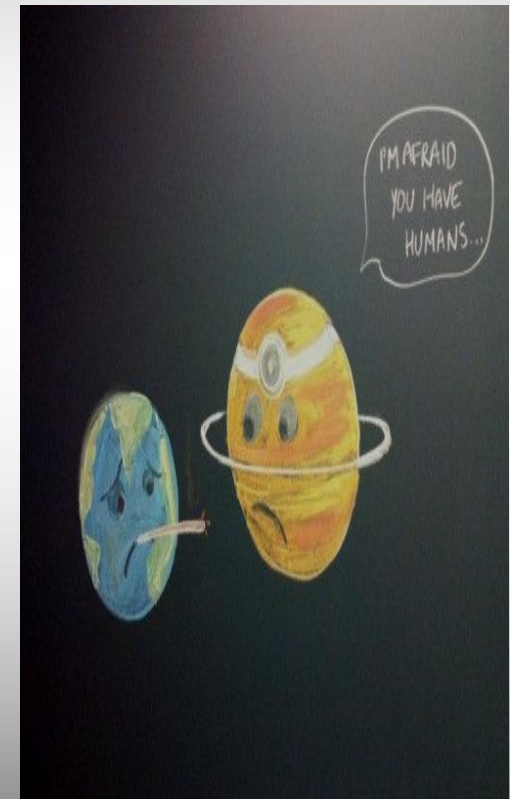
### **Special Event and Time: 1:30-2:30pm**

#### Virtual Mindful Hand Drumming (Zoom)

Attend this valuable workshop and learn how to use your hands for therapeutic drumming. Visit this website ahead of time to learn more

<https://www.rhythmbloss.com/>

Zoom with Cheamview members afterwards from 4:30pm-6pm



New to Young Adults?? Please join us anytime, you are always welcome. If you have any questions please contact Christine. Call or text 604-302-6001 or email [christinecruickshanks.ccs@gmail.com](mailto:christinecruickshanks.ccs@gmail.com)



# WRAP and RST Info



## WRAP INFORMATION AND REGISTRATION

### WRAP is . . .

The Wellness Recovery Action Plan® or WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

### WRAP Will Help You:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, by using wellness tools, develop action plans for responding at these times.
- Create a crisis plan
- Create a post-crisis plan

WRAP is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do.

Did you know the wrap app is available free on Android and IOS to download on your phone or tablet? You can also visit <https://mentalhealthrecovery.com/wrap-is/> for more information. Try it now. It is a great tool to support yourself during this time of COVID-19, physical distancing, self-isolation and more . . .

We are offering phone-in/online Introduction to WRAP groups and WRAP Follow-up groups. We are also starting to plan some in-person groups.

You can register for any of our virtual or in-person groups. If there is no scheduled in-person group in your community, you can also add your name so we can contact you once we schedule a group in your community. Please call or email us with your name and phone number. Note: to participate in the phone-in and online groups you will need to provide us with either an email or mailing address so we can send you materials. We will contact you to confirm your information and send you workshop dates.

### To register:

**CALL: 1-800-211-0585 OR**  
**EMAIL: [Wrapinfo@communitascare.com](mailto:Wrapinfo@communitascare.com)**

## Recovery Support Training ONLINE

Face mental health challenges.

Learn skills for better communication,  
relationships and personal wellness.

Recovery Support Training is a 10-session program to teach people living with mental health challenges the skills they need to recover and to help others recover.

- Learn skills that will enhance your relationships
- Practice important communication conflict resolution skills
- Talk about trauma, crisis and recovery
- Understand worldviews and how they are impacted by culture

### Day and Time:

Group Dates and Times are in the  
Online Registration Form

### Dates:

Group Dates and Times are in  
the Online Registration Form

### Location:

This is Online using Zoom open to all  
area's.

### To Register:

CALL: 1-800-211-0585 or email us at  
[Wrapinfo@communitascare.com](mailto:Wrapinfo@communitascare.com) to  
receive the registration form.



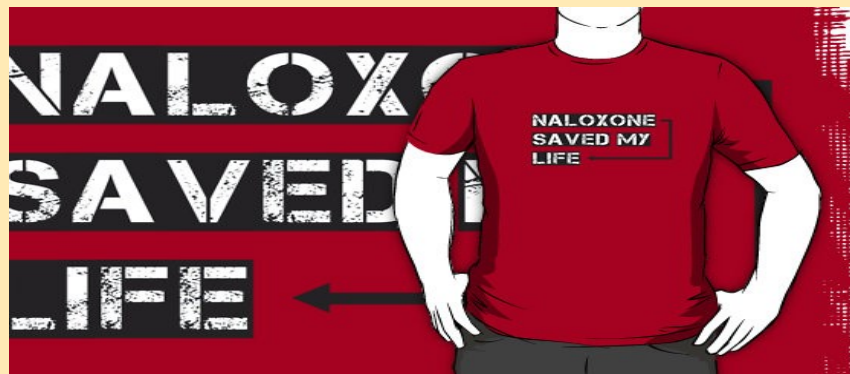
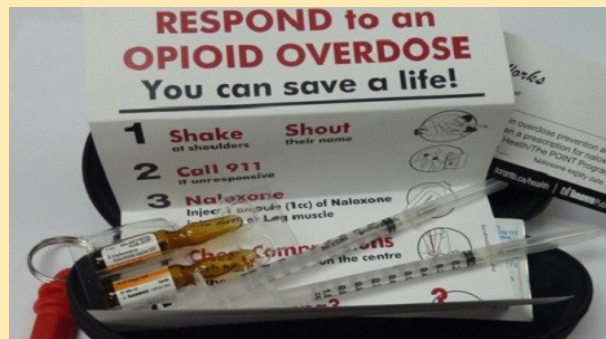
Recovery Support Training is a prerequisite to becoming a Peer Support Worker. To learn more about Peer Support Services in the Fraser Health region, contact: Fraser East and South – Communitas Supportive Care Society, Fraser North – Canadian Mental Health Association.

# HARM REDUCTION NEWS


Supplies available at the Clubhouse:

Naloxone Kits

Male/Female Condoms



We want to remind all members that the Clubhouse is a safe and confidential place to access harm reduction supplies. We can also provide support and training to use the kits and can support individuals in accessing additional supplies and resources.



**LIFEGUARD**  
DIGITAL HEALTH  
Powered by **even**

89% of overdoses happen while alone.

You're not using alone when you use **LifeguardApp**.

A new way to stay safer **while using**.

Introducing a smartphone app that automatically connects to emergency services if you or someone you know becomes unconscious or unable to function.

Download **LifeguardApp** today:

Available on the iPhone **App Store** | **ANDROID APP ON Google play**

To learn how we're combatting the opioid crisis visit us online at **lifeguardDH.com**





# ADDITIONAL RESOURCES

## Take Care of Your Mental Health, too!



For immediate help, please **Call 911**, go to the nearest emergency room or follow the emergency instructions provided by your doctor, mental health professional or care team.

**Call 1-800-SUICIDE (1-800-784-2433)** to get help right away, any time of day or night. It's a free call.

**Your Local Crisis Line:** call **310-6789** 24 hours a day to connect to a BC crisis line, without a wait or busy signal. The crisis lines linked in through **310-6789** have received advanced training in mental health issues and services by members of the BC Partners for Mental Health and Addictions Information.

**HealthLink BC:** Call **811** or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca) for free, non-emergency health information, including mental health and substance use information. Through **811**, you can also speak to a registered nurse about symptoms you're worried about, or talk with a pharmacist about medication questions.

**The Alcohol & Drug Information and Referral Service:** Call **1-800-663-1441** (toll-free in BC) or **604-660-9382** (in the Lower