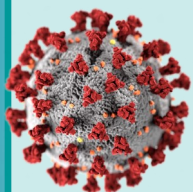


Abby House Clubhouse

2676 Gladys Avenue, Abbotsford, BC, V2S 3X8

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 and please call 811 for further direction.

We ask that if you plan to visit us please call ahead! 604-850-1235

September 2020 Program Calendar

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 the clubhouse to make an appointment.

Clubhouse Hours

**Closed Monday, September 7th for
Labor Day**

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

How to Connect With Us

Call: 604-850-1235

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

Funding provided by:



Creative Centre Society

ABBY HOUSE PROGRAMS

Monday to Friday: Facebook Connections– 9:30am–3:30pm

Mondays

10am- Coffee & Check In (Zoom)
10am-12pm– Employment Conversations with Bonnie on Sept 14th & 28th (Facebook)
11am- Walking Group (In-person @ Mill Lake Park)
2pm–Community Coloring Group (In-person @ Abby House)

Tuesdays

10am- Meditation and Mindfulness (In-person @ Abby House)
10am-Walk and Talk (In-person @ Rotary Stadium) **except Sept 8th**
11am-Walking Group (In-person @ Mill Lake)
11am-Virtual Armchair Traveller on Sept 8th (Zoom)
12pm- Boundaries Discussion Group (In-person @ Mill Lake Park) Liana Joins us Sept 15th
2pm– Anxiety/Depression Support Group (Zoom) **except Sept 8th**

Wednesdays

9:30am-3:30pm– Quality of Life Questionnaires and Recovery Plans by apt. (Virtual and In-person)
10am-2pm– New Member Orientation by apt. (Virtual and In-person)
8am-2pm– Supportive Employment Program (Lawn Maintenance) **except Sept 16th**

Thursdays

10am-Mindfulness in Nature (In-person @ Mill Lake Park)
11:30am- Wellness Discussion Group (In-person @ Mill Lake Park)
1pm- Getting Healthy Discussion Group (In-person at Abby House) **except Sept 3rd**
12-2pm- YA2 (Check in over Facebook, Call/Text, or book an appointment to meet in person)
2-6pm- Young Adults (Virtually and In-person)

Fridays

11am- Walking Group (In-person @ Mill Lake Park)
1pm– Coffee & Check In (In-person @ Abby House)
2pm- Hearing Voices Group (Zoom)

Employment

We are still available to support you with employment on an appointment basis. We can support you with job search and resume building virtually through video chat or in person. Call to book an appointment.



Call or text ahead for a physical wellness assessment if you plan to meet with one of the staff or attend any in-person programs.

Call 604-850-1235 or
Text 604-302-6001



Program Details

Coffee & Check In- Mondays @10am - Grab your coffee or tea and join our Zoom chat. Let everyone know how your weekend went. If you want to be added to the group please call/text or email.

Employment Conversations with Bonnie– Mondays @10am-12pm- Chat with Bonnie on Facebook. Bonnie is the Vocational Rehabilitation Counselor with Abbotsford and Mission Mental Health. She provides support with making resumes, job search, interview skills, maintaining employment and more.

Walking Group- Mondays, Tuesdays and Fridays @11am– (call, text or email to sign up) Meet in-person at Mill Lake. Enjoy an easy paced walk in nature, all fitness levels welcome.

Meditation– Tuesdays @10am- Enjoy a morning meditation with us at Abby House in-person.

Virtual Armchair Traveller– September 8th @ 11am– Lets take a virtual trip to New Zealand with the library and learn about what library services are currently offered.

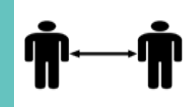
Boundaries Discussion Group- Tuesdays @12pm– Join us at Mill Lake Park to talk about strategies on how to set and maintain healthy boundaries.

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

QOL and Recovery Plans– Wednesdays from 9:30am-3:30pm– Staff will contact you to make an appointment to complete your paperwork over the phone, on Zoom or in-person.

New Member Orientation– Wednesdays from 10am-2pm- Welcome to Abby House, staff will make an appointment with you for an introduction to the clubhouse over the phone, on Zoom or in-person. We look forward to meeting you.

We will require staff and members to wear a mask and will enforce physical distancing and hand sanitization.



We also ask that you do not consume food or beverages within the clubhouse.



Food Security – If you are in need of food please connect with us for a hamper.

More Program Details

Supportive Employment– Wednesdays from 8am-2pm– The Lawn Maintenance Crew will be out doing yard work for the day. The crew will meet staff on work sites and follow all Covid-19 safety protocols.

Mindfulness in Nature– Thursdays @ 10am– (call, text or email to sign up) Meet at Mill Lake to practice some mindfulness exercises using the nature around us for grounding.

Wellness Discussion Group- Thursdays @11:30am-(call, text or email to sign up) Meet at Mill Lake to talk about wellness tools, coping strategies, life skills and more.

YA2- Thursdays @ 12pm– This is a low key group for young adults between 19-30 who experience anxiety. We will check in over Facebook, call/text and Zoom.

Getting Healthy Discussion Group- Thursdays @1pm– Share ideas with each other on what works for you and what doesn't; on ways to implement healthy eating, sleeping, exercise habits and more.

Young Adults- Thursdays from 2pm-6pm– If you are 19-30yrs old come connect with your peers. Join us to learn new skills and socialize in a safe and welcoming environment. **See page 4 for details.**

Coffee and Check In- Fridays @1pm– Come for a chat in-person at the clubhouse. Share how your week was and make plans for the weekend.

Hearing Voices- Fridays @2pm– Dave will host this group virtually on Zoom, if you want to be added to the group please call or email.

Facebook Connections- Monday to Friday 10am-12pm- Connect with us daily on Facebook; using messenger, group chats, posted discussions and more.



Young Adults August 2020

Thursdays 2-6pm (Virtually 2-3pm and In-person 3:30-6pm)

For those who can't meet in person we will meet weekly through Zoom. Call, text or email Christine if you want to be added to the list.

We will meet weekly @ Mill Lake Park (in the parking lot on Mill Lake Road) for games. We will follow hand and equipment sanitization and physical distancing protocols. We encourage everyone to wear a mask.

September 3rd:

2-3pm: Zoom Meeting - meet up virtually for a group discussion.

3:30-6pm: Play Bocce Ball @ Mill Lake Park

September 10th:

2-3pm: Zoom Meeting -meet up virtually for a group discussion.

3:30-6pm: Play Ping Pong @ Mill Lake Park

September 17th:

2-3pm: Zoom Meeting -meet up virtually for a group discussion.

3:30-6pm: Play Croquet @ Mill Lake Park

September 24th:

2-3pm: Facebook, Call/Text for a chat.

4-6pm: Zoom Meeting with the Chilliwack Young Adults members—Let's catch up with our friends from Chilliwack.



New to Young Adults? Please join us at anytime. You are always welcome.

If you have any questions please contact Christine at the clubhouse @604-850-1235, or call or text the work cell @604-302-6001 or email at christinecruickshanks.ccs@gmail.com

WRAP

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 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 for 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's a great tool to support yourself during this time of COVID-19, physical distancing, self isolation and more ...

We are not presently doing in person groups at this time, but you may register to be contacted once we resume doing them. We are providing two phone-in and online groups, Introduction to WRAP and WRAP Follow-up.

If you wish to attend one of these sessions, please call or email us and leave 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 when we contact you so we can send you materials. We will contact you within seven days to confirm your information and send you sessions dates.

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



CALL: 1-800-211-0585

to register or email

wrapinfo@communitascare.com

HARM REDUCTION NEWS



89% of overdoses happen while alone.

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

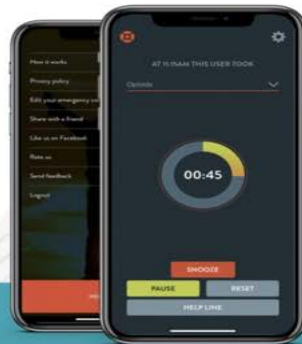
A new way to stay safer **while using**.

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:



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



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.

PLEASE BE SAFE AND TAKE CARE OF EACH OTHER:

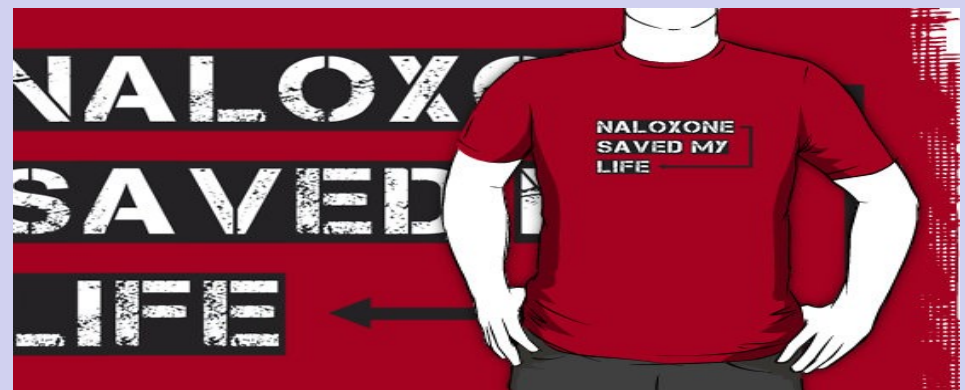
- 1) Don't use alone • Use at an Overdose Prevention Site, if you can
• Buddy up when using; ask someone to check on you.
- 2) Get your drugs checked at an Overdose Prevention Site
- 3) Carry a naloxone kit; know how to use it.
- 4) Talk to your doctor about prescription alternatives to the toxic drug supply.

Supplies available at the Clubhouse:

Naloxone Kits

Male/Female Condoms

Feminine Hygiene including pads, tampons, liners.



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.

Here is some more resources:

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.

Health Link BC: Call **811** or visit 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



Creative Centre Society