

# Abby House Clubhouse

**April 2021 Program Calendar**

**Clubhouse Hours Monday-Friday 9am-4pm (Thursdays from 3pm-7pm 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

**Call:** 604-850-1235

**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)

If you would like to attend virtual programs but do not have a device to connect with us virtually 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*





# ABBY HOUSE PROGRAMS

April 2021

## Mondays

10am– Monday Morning Chit Chat about Hope (Zoom)  
 11am– Men's Group (In-Person @ Mill Lake Park)  
 12pm– Job Postings and Employment Conversations (Facebook)  
 1pm– Volunteering (In-person @ The Hall)  
 2pm– Boundaries Discussion (Zoom)

## Tuesday

10am– Life Skills (Zoom)  
 11am– Aromatherapy & Mindfulness (In-Person @ The Hall)  
 12pm– Just One Thing (Facebook)  
 1pm– Walking Group (In-person @ Mill Lake Park)  
 2pm– Anxiety/Depression Support Group (In-person @ The Hall/Zoom)

## Wednesdays

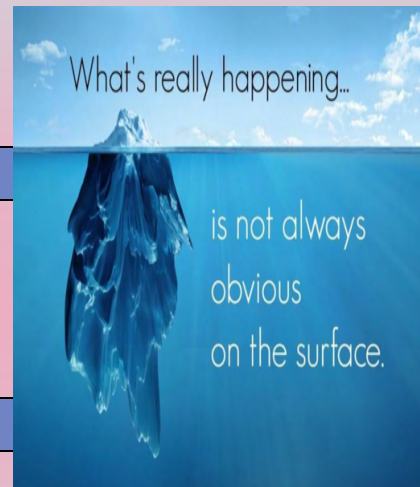
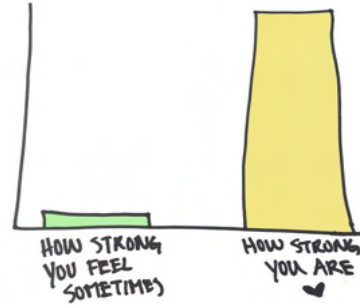
10am– Wellness Discussions (Zoom)  
 11am– Naloxone and Overdose Conversations (Facebook)  
 12pm– 5 Min Stretch (Facebook)  
 1pm– Affirmations Group (In-person @ The Hall) \*\*except Apr.28th\*\*

## Thursdays \*\*except April 1st\*\*

10am– Women's Group (In-Person @ The Hall/Zoom)  
 11am– Meditation (Facebook)  
 12pm– Community Resources (Facebook)  
 1pm– Walking Group (In-person @ Mill Lake Park)  
 2pm– Scavenger Hunt (Zoom)  
 2pm– YA2 (Virtually & In-person @ The Hall)  
 3pm– Young Adults (Virtually & In-Person @ The Hall)

## Fridays

10am– Personal Accountability (In-Person @ The Hall)  
 11am– Weekly Discussion (Facebook)  
 12pm– Just One Thing (Facebook)  
 1pm– Painting Class (In-person @ The Hall)  
 2pm– Weekend Wellness (Facebook)



**HAPPY EASTER!**

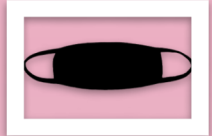
**Clubhouse is closed for Good Friday April 1st and Easter Monday April 5th**



**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 hand

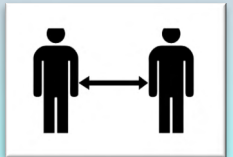
Temperature check.



Pass risk assessment questions.



Maintain physical distance.



No food or beverages inside The Hall.

# Program Details

**Monday Morning Chit Chat:** Mondays @10am join us on Zoom for a discussion on a different topic each month. This month we will discuss how to have and maintain Hope.

**Men's Group:** Mondays @11am at Mill Lake Park. Meet at the entrance off of Mill Lake Road and discuss topics specific to men's health and wellness. We will learn about resources dedicated to you.

**Job Postings and Employment Conversations:** Mondays @ 12pm check for local job listings and have a conversation on Facebook about work related topics like resume building, interview questions or skills, job applications and much more.

**Volunteering:** Mondays @ 1pm meet us at The Hall and together we will walk around downtown Abbotsford and safely pick up and dispose of the garbage. We can discuss other volunteering opportunities available to you as well.

**Boundaries Discussion Group:** Mondays @2pm join us on Zoom to talk about strategies on how to set and maintain healthy boundaries.

**Life Skills:** Tuesdays @10am on Zoom. Each week we will discuss a different skill. Learn how to use the BC Transit App, use a day planner, follow a recipe and much more. Connect with the staff if you have any suggestions.

**Aromatherapy & Mindfulness:** Tuesdays @11am. Come in-person to The Hall and learn how to use essential oils and basic mindfulness techniques to help us maintain our wellness.

**Just One Thing:** Tuesdays & Fridays @ 12pm on a Facebook Group we will talk about *Just One Thing* we want to accomplish that week and then check in on the progress of that *One Thing* together.

**Walking Group:** Tuesdays & Thursdays @1pm join Pete and or Barry for a leisurely walk around Mill Lake. Meet at the parking lot off of Mill Lake Rd, just down the street from the bus exchange at the mall.

**Anxiety/Depression Support Group:** Tuesdays @ 2pm support each other in-person at The Hall through listening, sharing, and learning about how Anxiety and Depression affect our lives.

**Wellness Discussions:** Wednesdays @10am get together on Zoom to talk about our wellness tools, when and how we use them and discuss healthy coping strategies.

## **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 the staff for more information or to make an appointment.***

***Or join us Mondays on Facebook for Job Postings and Employment Conversations***



# More Program Details

**Naloxone Training, Overdose Conversations and Take Home Kits:** Wednesdays @11am we will post training videos, overdose crisis discussion topics and resources on Facebook. If you are in need of a Naloxone take home kit please connect with staff. In-person training also available by appointment.

**5 Minute Stretch:** Wednesdays @12pm on Facebook we will post a video of some beginners, low impact stretches that can be done from home in 5 minutes.

**Affirmations Group:** Wednesdays @1pm in-person at The Hall and discover that what you believe about yourself becomes your truth. Use CBT techniques to develop the practice of affirmations and change the direction of your existence.

**Women's Group:** Thursdays @10am get together at The Hall and discuss topics specific to women's health and wellness.

**Meditation:** Thursdays @11am we will post a guided meditation video for you to practice at your convenience.

**Community Resources:** Thursdays @11am learn what your community has to offer. We will post a resource on Facebook and together we will discover how to use that resource and what they can bring to your life.

**Scavenger Hunt:** Thursdays @2pm over Zoom join us weekly for your list of household items to search for. Collect items to earn points. The person with the most points at the end of the month wins a prize. The more you play the better your chances of winning.

**YA2:** Thursdays @2pm stay connected with a virtual check-in over Zoom, Facebook, call, text or email. If you prefer to meet in-person connect with staff to arrange a time.

**Young Adults:** Thursdays @3pm get together at The Hall to socialize with a safe and fun activity. Connect with staff to join this group. \*\*See page 5 for details for the activities each week.\*\*

**Personal Accountability:** Fridays @10am together we see that it is possible to change our lives by being accountable for ourselves. Learn how to think "What can I do to change this?"

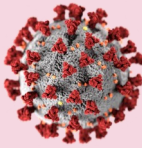
**Weekly Discussion:** Fridays @ 11am chat together on Facebook about random topics that are different each week. If you want to discuss something in particular or have any ideas please connect with the staff.

**Painting Class:** Fridays @1pm, follow a step by step instruction to create a work of art. Join us at The Hall or on Zoom. If you prefer Zoom connect with staff to arrange pick up of your supplies.

**Weekend Wellness:** Fridays @ 2pm on Facebook we will have a chat about selfcare tips to use over the weekend.

## 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.

Mental  
health  
BEGINS  
With me

18 OCTOBER

shutterstock - 1186990396



# Young Adults Program

Group activities happen at The Hall Thursdays from 3-5pm in-person and virtually.

Christine is available for one on one support from 5 –7pm.

From 3-5 pm we will meet weekly in-person (and simultaneously virtually) at The Hall for a safe, fun group activity. If you want to join over Zoom you can pick up your activity supplies on Wednesdays by 3pm. Contact Christine to arrange the pick up of your supplies.

Medical grade masks are mandatory for all in-person programs. If you do not have one, we will provide them. If you would like one on one support contact Christine and we can make a plan to connect.

**\*\*THERE IS NO YOUNG ADULTS PROGRAM ON APRIL 1ST\*\***

**We are having Easter Lunch TO GO. Pick yours up at The Hall between 12-2pm**

**"Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity."**

*Homeopathyrecovery.com*

April 8th 3-5pm

Art Therapy

(In-person or Virtual)

Create some fridge magnets with clothes pins, modge pog and pictures. You can bring your favorite pictures or we will have lots to choose from.

April 15th 3-5pm

Planning Meeting

(In-person or Virtual)

Share your ideas for future Young Adults Programs. Lets come up with activities we can do together following the Covid-19 safety protocols. Take home Easter Dinner after the meeting.

April 22nd 3-5pm

Random Acts of Kindness

(In-person or Virtual)

Letters to Seniors living in care. Together we can each write a letter for a senior living in a care home. They were so happy with our Christmas Cards that it would be nice to stay in touch with them.

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

LET TODAY  
BE THE  
START OF  
Something New

April 29th 3-5pm

Rec Centre Outing

(In-person)

We will enjoy a swim or a hot tub. Meet at the Matsqui Recreation Centre (MRC) at 3pm in the lobby.

Soap is to the Body  
what Laughter is to the Soul

# community events

Have you ever thought about volunteering with the City of Abbotsford? They have many different opportunities for everyone. There are things like adopt a park, clean up week, special events and much more. Go to the cities website to learn more.

<https://www.abbotsford.ca/community-events/volunteering>

If you have any questions please contact the volunteer coordinator Chrissy Borseth at [cborseth@abbotsford.ca](mailto:cborseth@abbotsford.ca) or call 604-557-7050. Or call Abby House staff for support.

The Clearbrook Library is open to the public for checking out books and using computers. There are Covid-19 protocols to follow. If you prefer being online you can check out their e-books and audio books. The library offers us a lot of free resources. They even have a fun borrowing section where you can borrow things like a ukulele or telescope. Visit the website to find out all the amazing things they have to offer.

<https://www.fvrl.bc.ca>

They are also hosting some events on Zoom  
*Knit & Stitch*, Wednesday, April 14th 2-3pm  
*Books & Birdwatching*, Tuesday, April 20th 330-430pm  
*Arm Chair Travel*, Thursday, April 22nd 2-3pm  
*Ukulele Jam*, Tuesday, April 27th 2-330pm  
*Cook Book Club*, Thursday, April 29th 2-3pm

Go to this website to register for any of these events.

<https://fvrl.bibliocommons.com/events/search/q=zoom>

# clubhouse events

## HAPPY EASTER

Thursday, April 1st 12-2pm

Pick up your Easter Lunch TO GO at The Hall  
between 12-2pm

## Arm Chair Traveler

Wednesday, April 28th at 1-2pm  
In-person at The Hall or over Zoom

Explore the culture, architecture, foods, customs, traditions and landscapes of England.

## Monthly Member Meeting

Wednesday, April 28th 12-1pm

Join us In-person at The Hall or over Zoom.

Help us plan the programs you want to attend. Give us your ideas of in-person programs that can be done safely and new things we can host over Zoom and Facebook.

Connect with the staff to let them know you are attending.





# WRAP and RST Info



## WRAP INFORMATION PHONE LINE

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 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.

**CALL: 1-800-211-0585**

**to register or email us at**

**[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

Feminine Hygiene Products



<https://towardtheheart.com/>

Visit this website for resources on harm reduction. Watch training videos on how to use Naloxone Kits, hear your peers stories of recovery, find local overdose prevention sites and much more.

Educate yourself and join the conversation about the overdose crisis.



**LIFEGUARD**  
DIGITAL HEALTH  
Powered by evan

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**



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.



# ADDITIONAL RESOURCES



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 Mainland) to find resources and support. They can refer you to services across the province.

## APPS AND ONLINE SERVICES

### PEER SUPPORT

Big White Wall Canada [www.bigwhitewall.ca](http://www.bigwhitewall.ca)  
Anonymous peer support community accessible anytime, anywhere

### BETTER HELP [www.betterhelp.com](http://www.betterhelp.com)

Online access to professional counsellors  
On the web, and available for iPhone and Android users

### THE LIFELINE APP

[www.thelifelinecanada.ca](http://www.thelifelinecanada.ca)

Direct access to phone, online chat, text, and email crisis support. E-counselling, self-management tools, access to crisis centres across Canada. Available for iPhone and Android users

