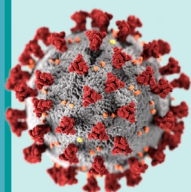


Abby House Clubhouse

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.

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

July 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

Monday to Friday 9am - 4pm
(Thursdays 12-2pm for YA2 &
2-6pm 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

10am -Coffee & Check in (Zoom)
 10am-12pm– Facebook Connections w/Christine (Facebook)
 1pm - Mirror work (Facebook)



Tuesday

9:30am - Meditation and Mindfulness (Facebook)
 10am-12pm– Facebook Connections w/Jamie (Facebook)
 11am– Walking Group (In-person @ Mill Lake Park)
 1pm - What's in your cupboards? (Facebook)
 2pm– Anxiety/Depression Support Group (Zoom) except July 14th



Wednesday

10am-3pm– Quality of Life Questionnaires and Recovery Plans (Virtual and In-person)
 10am-2pm– Supportive Employment Program (Lawn Maintenance)

Thursday

10am-12pm– Facebook Connections w/Adina (Facebook)
 11am – Mental Wellness Discussion Group (Zoom)
 1pm– Getting Healthy Discussion Group (Zoom)
 12pm– YA2 (Facebook, Zoom, Call/Text,) except July 2nd
 2 to 6pm – Young Adults (Virtually and In person) except July 2nd



Friday

10am-12pm– Facebook Connections w/Adina (Facebook)
 11am – Social Connections (Abby House Parking Lot)
 1pm – Walking Group (In-person @ Mill Lake Park)
 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. Call to book an appointment.



Program Details

Coffee & Check In – Mondays @10am - Grab your coffee or tea and join our Zoom chat. Let everyone know how your weekend went.

Mirror Work– Mondays @ 1pm– Learn with Jamie on Facebook how mirror work can cultivate a deeper relationship with yourself and others.

Meditation and Mindfulness– Tuesdays @9:30am- Enjoy a live meditation on Facebook and discuss Mindfulness techniques together.

Walking Group– Tuesdays @11am and Fridays @1pm– Meet in-person at Mill Lake at the main entrance off of Mill Lake Road, just behind the mall and the bus loop. Enjoy an easy paced walk in nature, all fitness levels welcome.

What's in your cupboards?– Tuesdays @1pm– Adina will create a group chat on Facebook asking what you have in your fridge or cupboards. Together you will come up with recipe ideas of things you can make with those items.

Anxiety and Depression Support Group– Tuesdays @2pm– Support each other through listening and sharing in our virtual support group on Zoom. ****there will be no group on Tuesday, July 14th****

QOL and Recovery Plans– Wednesdays @10am-3pm– Staff will contact you to make an appointment to complete your paperwork over the phone or in-person.

Supportive Employment– Wednesdays @10am-2pm– The Lawn Maintenance Crew will be out doing yard work for the day. The crew will meet staff on site and follow all Covid-19 safety protocols.



More Program Details

Mental Wellness Discussion Group– Thursdays @11am– Join Jamie on Zoom for a virtual discussion about wellness. 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. This group is not for those who are currently in the Thursday night group. We will check in over Facebook, Zoom or call and text. ***there will be no group on July 2nd***

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

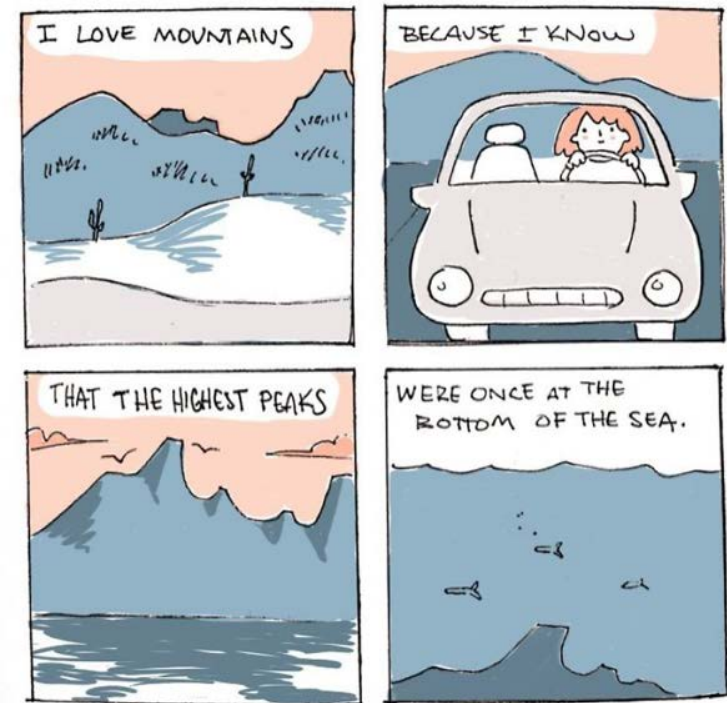
Young Adults– Thursdays @2-6pm– If you are 19-30yrs old come connect with your peers. Join us to learn new skills and socialize in a safe and welcoming environment. We will host Zoom and Facebook chats, check in through call or text and meet bi-weekly in person following all safety protocols. ***there will be no group on July 2nd***

Social Connections– Fridays @11am– Come for a chat in-person at the parking lot behind the clubhouse. See how everyone's week was and make a plan together for the weekend.

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

Facebook Connections– Mondays, Tuesdays, Thursdays and Fridays 10am-12pm– Connect with each staff member on Facebook.. Connect through messenger, group chats, posted discussions and more.

If you are planning on attending any of our in-person groups please call ahead of time for a physical wellness check to ensure you are not experiencing any flu like symptoms. For everyone attending in-person groups you will be required to wear face coverings, wash or sanitize your hands and maintain physical distancing.

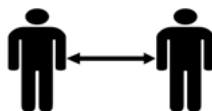


@JUSTPEACHYCOMICS

https://www.boredpanda.com/these-comics-perfectly-describe-what-its-like-to-have-depression-and-anxiety/?utm_source=google&utm_medium=organic&utm_campaign=organic

IMPORTANT NOTES

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



At this time there is no public access to the washrooms for members. Please plan accordingly if you plan to visit us on site.



We also ask that you do not consume food or beverages



Call ahead for a physical wellness assessment if you plan to meet with one of the staff outdoors, attend Walking

604-850-1235

Food Security – If you are in need of food or household supplies please connect with us and we will support you.

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

Please do not visit us if . . .

- you have a fever
- new or worsening cough
- new or worsening shortness of breath

We would love to connect with you virtually through phone, email, Facebook or video chat!



Creative Centre Society

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

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



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