

Abby House Clubhouse

January 2021 Program Calendar

Clubhouse Hours Monday-Friday 9am-4pm (Thursdays from 3pm-7:30pm 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.

happy
new
year

How to Connect With Us

Call: 604-850-1235

Call or 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

January 2021

Mondays

10am– Check In (Zoom)
11am– Job Postings and Employment Conversations with Bonnie (Facebook)
12pm– Daily Discussion (Facebook)
1pm– Journaling Group (In-person @ The Hall)
2pm– Boundaries Discussion (Zoom)



Tuesday

10am– Life Skills (Zoom)
11am– Mindfulness and Meditation (Facebook)
12pm– Daily Discussion (Facebook)
1pm– Member Led Coffee Group (In-person @ McDonalds on Bourquin)
2pm– Anxiety/Depression Support Group (Zoom)



Abby House Members

Wednesdays

10am– COVID-19 Anxiety Worksheets (Zoom) ****except Jan. 20th****
11am– Naloxone and Overdose Conversations (Facebook) ****except Jan. 20th****
12pm– Daily Discussion (Facebook) ****except Jan. 20th****
1pm– Coloring Club (In-person @ The Hall)
2pm– Check In (Zoom) ****except Jan.13th****



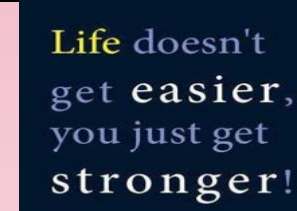
Thursdays

10am–Wellness Discussions (Zoom)
11am– Community Resources (Facebook)
12pm– Daily Discussion (Facebook)
1pm– Member Led Coffee Group (In-person @ McDonalds on Bourquin)
2pm– Menta Health Virtual Resources (Zoom)
3-4pm- YA2 (Virtually)
4:30-7:30pm- Young Adults (Virtually & In-person @ The Hall)



Fridays

10am- COVID-19 Anxiety Worksheets (Zoom)
11am– Job Postings and Employment Conversations (Facebook)
12pm– Daily Discussion (Facebook)
1pm– Movie of the Week (In-person @ The Hall)
2pm-Check In (Zoom)



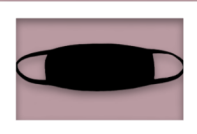
The Clubhouse will be closed
Friday January 1st 2021, New Years Day

HAPPY NEW YEAR

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



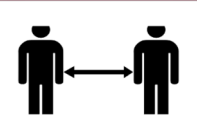
Wash/sanitize hand

Temperature check.



Pass risk assessment questions.

Maintain physical distance.



Do not consume food or beverages inside The Hall.

Cognitive Behavioral Therapy Workshop:

Fridays 10am-11:30am in-person at The Hall. Starting January 8th for 6 weeks.
Sign up is required see pg.6 for details

Program Details

Check In: Mondays @10am, Wednesdays & Fridays @ 2pm join us on Zoom for a check in with your peers to talk about how you're managing through these difficult times

Job Postings and Employment Conversations: Mondays and Fridays @ 11am 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.

Daily Discussion: Mondays-Fridays @12pm chat together on Facebook about random topics that are different every day. If you want to discuss something in particular or have any ideas please connect with the staff.

Journaling Support: Mondays @1pm join us at The Hall to learn effective journaling techniques.

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

Member Led Coffee Group: Tuesdays & Thursdays @1pm Join Pete and or Barry to socialize over coffee with your peers. Meet them at McDonalds on Bourquin Crescent; be sure to maintain your distance from others.

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.

Meditation and Mindfulness: Tuesdays @11am. 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.

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

COVID-19 Anxiety Workshop: Wednesdays & Fridays @10am let's do the workbook together over Zoom to learn some new coping skills for our anxiety during this pandemic.

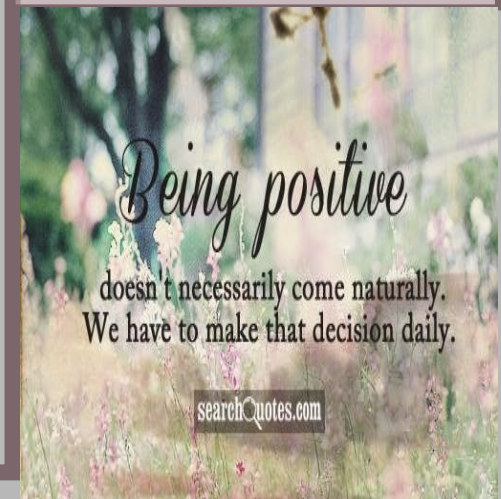
Naloxone Training, Overdose Conversations and Take Home Kits: Wednesdays @11am we will post training videos, overdose crisis discussion topics and resources on Facebook. If you are in need of a Naloxone take home kit please connect with staff. In-person training also available by appointment.

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 and Thursdays on Facebook for Job Postings and Employment Conversations



More Program Details

Coloring Club: Wednesdays @1pm come to The Hall to de-stress with some coloring.

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

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.

Mental Health Virtual Resources and Support: Thursdays @2pm over Zoom we will discuss and practice using some of the many new virtual resources, support groups, Facebook groups and online courses that focus on Mental Health and Wellness.

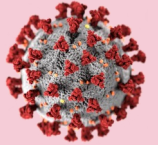
YA2: Thursdays @3pm stay connected with a virtual check-in over Zoom, Facebook, call, text or email. Connect with staff to be added to the group.

Young Adults: Thursdays @4:30pm get together at The Hall to socialize with a safe, fun activity. Connect with staff to join this group. See page 5 for details for the activities each week.

Movie of the Week: Fridays @1pm come to The Hall and watch a movie together.

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.

“Individually, we are one drop. Together, we are an Ocean.”

~ Ryunosuke Satoro ~



Young Adults Program

Generally Thursdays from 3-7:30pm (Virtually 3pm-4pm & In-person 4:30pm-7:30pm)

For those of you who prefer to meet virtually, we will meet 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 for a safe fun activity, coffee and a meal. 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.



January 7th 4:30-7:30pm

Night of Gratitude

(In-person or Virtual)

Show the people you love how much you appreciate them by filling out some thank you cards and either mail them or hand delivery them.

January 14th 4:30-7:30pm

Positive Vibes

(In-person or Virtual)

Join a Zoom program to talk about various recovery topics with a Peer Support Worker.

January 21st 4:30-7:30pm

Outing

(In-person only)

Have some friendly competition playing games together at The Boardwalk Café downtown Abbotsford.

Meet at The Hall and we will all walk over together.

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



January 28th 4:30-7:30pm

Video Game Night

(In-person or Virtual)

Bring your own gaming consoles and take turns gaming together. Maybe we can create some kind of tournament? Have fun and earn prizes too!



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 or call 604-557-7050.

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>

clubhouse events

Join us for another Arm Chair Traveler on Zoom.

Wednesday, January 13th at 2-3pm.

We will be visiting Japan.

Contact the staff to receive the email invitation to the event.

COMING IN FEBRUARY!!

MAP (My Anxiety Plan) Workshop.

Join us Wednesdays and Fridays at 10am over Zoom for the Month of February to make your own MAP (My Anxiety Plan). Developed by Anxiety Canada we will follow this workshop together to create a plan on how to cope with your anxiety.

CBT Group

Have you signed up for this course yet? It starts January 8th so you have a few more days to get in. Cut off is January 5th, 2021

Cognitive Behavioral Therapy Group in-person at The Hall. This is a 6 week course on Fridays 10-11:30am beginning Jan 8th, 2021. It is a closed group which will require an initial assessment before we start to ensure this is the right group for you. For more information email Michael Zibauer : Michael.Zibauer@yorkvilleu.ca or contact the clubhouse staff.



WRAP and RST Info



WRAP & Peer Support Virtual Services

Upcoming Virtual Workshops

Wellness Group To Overcoming Isolation During COVID-19

This group is about Being Connected, Staying Connected and Choosing Connection

Date: Dec 11th Time: 2:30pm to 4:30 pm

Date: Jan 4th Time: 2:30pm to 4:30 pm

Date: Feb 19th Time: 2:30pm to 4:30 pm

Date: Dec 18th Time: 12:30pm to 2:30 pm

Date: Jan 18th Time: 10:00am to 12:00 pm

Date: Dec 31st Time: 10:00am to 12:00 pm

Date: Feb 3rd Time: 12:30pm to 2:30 pm

Positive Vibes

This group explores various recovery topics and occurs every Thursday evening 6:00pm to 7:30pm.

Wellness Recovery Action Plan - 6 sessions

This is a full WRAP group that is 2.5hrs a session. Note we ask that if you sign up for this session you plan to attend all of them

Dates: Dec 13,16,21,22,27,29 Time:
12:30pm to 3:00pm

Dates: Jan 13,14,20,21,26,27 Time:
9:30am to 12:00pm

Dates: Feb 10,11,17,18,24,25 Time:
2:00pm to 4:30pm

Intro to Wellness Recovery Action Plan- 2 sessions

This is two sessions 2.5hrs each - It provides the basic information to start you off on developing a WRAP Plan.

Dec 8,10 Time: 1:30pm to 4:00pm

Jan 19,22 Time: 9:30am to 12:00pm

Feb 8,9 Time: 12:30am to 3:00pm

WRAP Follow Up Group

This group is for those who want to share or get support in further developing their WRAP.

Dec 16th Time: 9:30 am to 11:30 am

Jan 11th Time: 12:30pm to 2:30 pm

Feb 22nd Time: 2:30pm to 4:30 pm

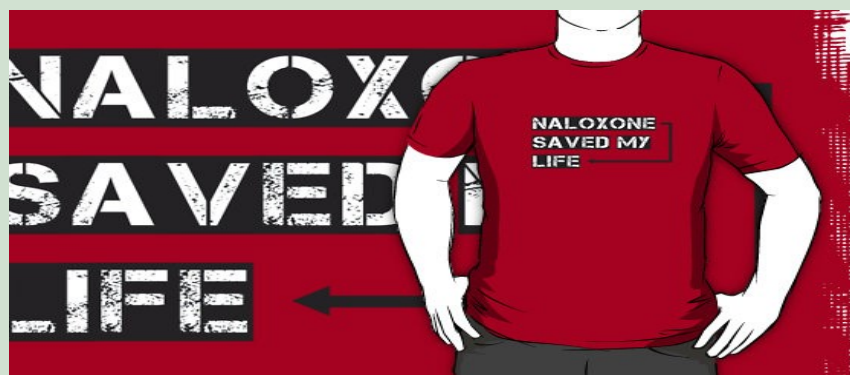
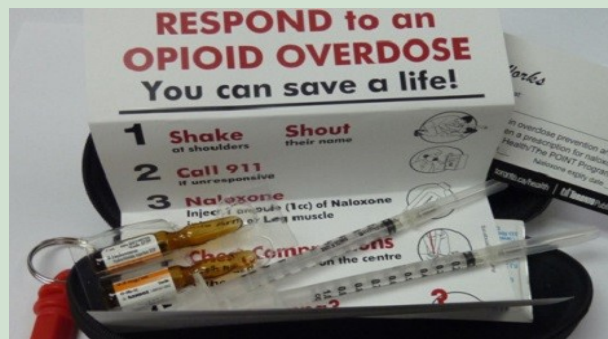
Recovery Support Training Jan 26,29 Feb 2,5,8,11,16,19,23,25 Time: 9:00am to 12:00 pm

This group is for those interested in attending RST it is 10 Sessions. Participation requires prereading outside of the group time. If you plan to attend this training the expectation is you will attend all sessions. You may also sign up for the waitlist for future groups.

Register Online on any device at www.pswabc.com

CALL: 1-800-211-0585 or email us at Wrapinfo@communitascare.com

HARM REDUCTION NEWS




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.

Supplies available at the Clubhouse:

Naloxone Kits

Male/Female Condoms



LIFEGUARD
DIGITAL HEALTH
Powered by **even**

89% of overdoses happen while alone.

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

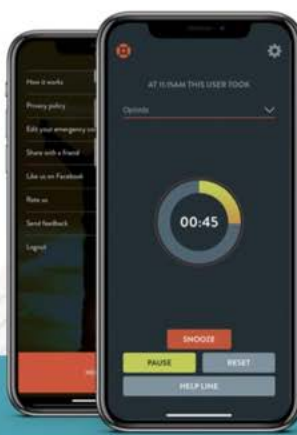
A new way to stay safer **while using**.

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:

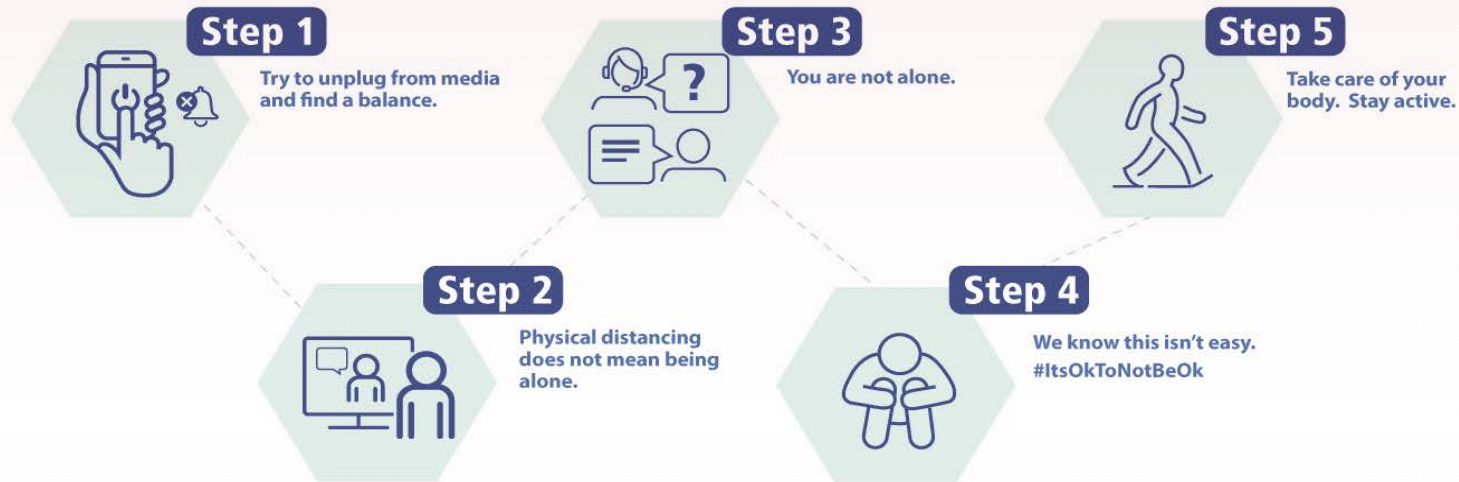
Available on the iPhone **App Store** | **ANDROID APP ON Google play**

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 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