

Community Catch-up



ISLAND COMMUNITY
MENTAL HEALTH

Nov, 2026



Monthly Updates

Happy Halloween we hope everyone has a wonderful time over the weekend.



Save the date!

We are running an Indian Dinner fundraiser on Dec 18th. Yummy pakoras, samosas, naan and chana curry with rice will be available to order and pick up for a reasonable price. All proceeds will support the work of ICMHA. More information and ways to order will be coming in November.

We have worked with Island Health to simplify our referral pathway and now have a new email just for referrals - icmha.referrals@islandhealth.ca. This mailbox will be checked on Tuesdays and Thursdays and will be the central point for receiving and acknowledging referrals.

We have a change in our staffing in the Seniors Support Network program. We say goodbye and goodluck to Sonia Virk who has joined our housing team and we welcome Manon Williams into the role of activity worker. Manon has been with the PSR department for sometime in her role as a PEER support worker.

If you'd like us to come and talk with your teams, in person, about our programs please let us know. We find that this is a great way for people to understand the programs, referral process and often are surprised at what's on offer in the PSR department. If you're interested please contact Paula Greene, Director of License Care and Programs, 250-884-2459/paula.greenee@icmha.ca.

In this newsletter you can expect:

Community Updates

Program Particulars

Wait time update

Contacts

ICMHA TEAM

REFERRALS



To make a referral fill out a [fillable referral form](#) and send it to icmha.referrals@islandhealth.ca. Mailbox will be checked Tuesdays and Thursdays.

Waitlist times

As of Nov 2026

Seniors – 1- 2 weeks
Networks Ed – 4 weeks
Networks Employment – 6 weeks
Grow – 14 weeks



Grow

The Grow program provides Psychosocial Rehabilitation (or PSR) services designed to promote personal recovery, successful community integration, and maintenance of a satisfactory quality of life.

Monthly Calendar

You can access the [monthly calendar](#) here that has our regular programming but will also let you know what one off workshops are on offer each month.



Seniors Support Network

This is an activity-based program for adults 60yrs +. The program focuses on decreasing social isolation, peer support intergenerational socializing, , healthy living, and maintaining independence.



Networks

Networks offers client-driven, individualized support for individuals recovering from mental illness to find and maintain paid employment or education of their choosing.

PSR Contacts

Lorraine Johnston- Reception and referrals
icmha.referrals@islandhealth.ca/250-389-1211

Paula Greene - Director LC and Programs
paula.greene@icmha.ca/250-884-2459

Krysten O'Coffey - PSR Manager
krysten.ocoffey@icmha.ca/250-882-3544

Networks

Sandra Pruss - Education
sandra.pruss@icmha.ca/250-884-8007

Stu Fraser - Education
stu.fraser@icmha.ca/250-880-1172

Allison Hicke - Employment
allison.hicke@icmha.ca/250-884-2461

Alison McKnight - Employment
alison.mcknight@icmha.ca/250-882-6373

Walter Nienaber - Employment
walter.nienaber@icmha.ca/250-812-5167

GROW

Sean Boulet - OT
sean.boulet@icmha.ca/250-884-5154

Madison Davenport - Coach
Madison.davenport@icmha.ca/250-884-2463

Hiromi Domae - Coach
Hiromi.domae@icmha.ca/250-888-4179

Luke Thornton - Coach
Luke.thornton@icmha.ca/250-882-6598

Robbie Durose - Facilitator
robert.durose@icmha.ca

Jon Van Ziffle - Facilitator
jon.ziffle@icmha.ca

Seniors Support Network

Gurpreet Kaur - Coordinator
Gurpreet.kaur@icmha.ca/250-884-2754

Manon Williams- Activity Worker
manon.williams@icmha.ca/250-884-9762

What mental health needs is more
sunlight, more candor, more
unashamed conversation.

Glenn Close