

# Community Catch-up



May, 2026



# Community Art Event May 30<sup>th</sup> 1-4

## Monthly Updates

Hello,

Hard to believe we are already in May and the weather feels like summer already.

As we reported in last month's newsletter we have no further funding for PEER support programs.

In an effort to raise funds and awareness we are hosting our first Community Art event and silent auction. We have had some amazing donations of art and are looking forward to some competitive bidding!

The event will take place at 125 Skinner Street on May 30<sup>th</sup>, 1-4. As well as art there will be children's activities, a live art demo, community art wall and refreshments.

*ICMHA TEAM*

The online silent auction goes live on May 15 and can be accessed here:



Our new Women's group, Community Lunch and Queer group are up and running and while the Women's group and Community Lunch are already busy we would love to see more referrals to the Queer group which runs Thursdays 12.30 -2pm - please send a referral over to Krysten at [krysten.ocoffey@icmha.ca](mailto:krysten.ocoffey@icmha.ca).

Coming up in June keep we will be hosting an open house. This is a great opportunity for new and existing staff to come and see what we do on site and meet the staff.

### In this newsletter you can expect:

Community Updates

Program Particulars

Wait time update

Contacts

## REFERRALS



To make a referral fill out a [fillable referral form](#) and send it to [krysten.ocoffey@islandhealth.ca](mailto:krysten.ocoffey@islandhealth.ca) or fax 250-389-1263 or contact [Krysten.ocoffey@icmha.ca](mailto:Krysten.ocoffey@icmha.ca)

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## Program Particulars



### 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.



### PEER Support

Our PEER support program is on hold right now due to lack of funding.



### Networks

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

## Waitlist times

As of April 2026

Seniors – immediate/1 week  
Networks Ed – 3 weeks  
Networks Employment – 6 weeks  
Grow – 14 weeks

### PSR Contacts

**Paula Greene** - Director LC and Programs  
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**Krysten O’Coffey** - PSR Manager  
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### Networks

**Sandra Pruss** - Education  
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**Stu Fraser** - Education  
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**Allison Hicke** - Employment  
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**Alison McKnight** - Employment  
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**Walter Nienaber** - Employment  
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### GROW

**Sean Boulet** - OT  
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**Madison Davenport** - Coach  
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**Hiromi Domae** - Coach  
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**Luke Thornton** - Coach  
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**Manon Williams** - Facilitator  
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**Robbie Durose** - Facilitator  
robbie.durose@icmha.ca  
**Jon Van Ziffle** - Facilitator  
jon.ziffle@icmha.ca

### Seniors Support Network

**Gurpreet Kaur** - Coordinator  
Gurpreet.kaur@icmha.ca/250-884-9762  
**Sonia Virk**- Activity Worker  
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