

Community Catch-up



ISLAND COMMUNITY
MENTAL HEALTH

Oct, 2026



Monthly Updates

Welcome to our new [fall calendar](#).

We have some wonderful new additions to the GROW schedule:

- Drop in mindfulness
- Drop in Lifestyle and Wellness (with rotating topics)
- Participant led musical Jam session.

These groups are accessible once an intake has been completed and are a great way to connect with ICMHA while waiting for structured groups such as CBT, Mindfulness and emotional wellness.

If you'd like more information please contact Krysten O'Coffey, Program Manager.

During September we welcomed Camosun College back to 125 Skinner street. We have a long standing relationship with Camosun and they provide Math and English upgrading Mon-Thurs mornings. It's a welcoming and supportive environment to return to education.

If you'd like to know more about this or Education Coaching in general, please reach out to Krysten O'Coffey, Program Manager.

In addition to education we also offer Employment Coaching. Despite a challenging workforce environment, the employment team help people connect with volunteering, training, and various types of work from casual to full-time.

From everyone at ICMHA we wish you a happy thanksgiving.

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 krysten.ocoffey@islandhealth.ca or fax 250-389-1263 or contact Krysten.ocoffey@icmha.ca

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.



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 Sept 2026

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

PSR Contacts

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Networks

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GROW

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Seniors Support Network

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Seasons change and so do we...

Unknown