

Community Catch-up



ISLAND COMMUNITY
MENTAL HEALTH

Aug, 2026



Monthly Updates

We've been enjoying summer at ICMHA with community BBQs which are becoming increasingly popular; so much so we ran out of food at the last one!

Our Clinical Lead from our Licensed Care sites provided a great workshop on how to stay safe in the heat which was very informative and gratefully received.

Programming continued during the summer and as we head into the fall there may be some tweaks to the calendar. Updates can always be found on our website and will be included in next month's Community Catch Up.

We often get questions about our waitlists particularly for the registered groups in GROW.

We work hard to get to referrals as soon as possible and we encourage referees to think about joining drop-in groups as a way of getting to know ICMHA and connect with others while waiting for the registered groups to come around.

There are some really great groups such as Art, Journaling, Yoga, Acupuncture, Community Lunch and much more. What we find is that these groups help build connection and confidence as well as being enjoyable. This tends to help people feel much more confident about attending our registered groups such as CBT, Mindfulness, Emotional Wellness and Anxiety group.

Monthly calendars can be found on program pages on the website.

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.



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 July 2026

Seniors – 1- 2 weeks
Networks Ed – 4 weeks
Networks Employment – 7 weeks
Grow – 12 weeks

PSR Contacts

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
Manon Williams - Facilitator
manon.williams@icmha.ca
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/250-884-2754
Sonia Virk - Activity Worker
Sonia.virk@icmha.ca/250-884-9762