

Community Catch-up



May 2025



Monthly Updates

As we start Mental Health week 2025, we are supporting conversations about 'Unmasking mental health' and acknowledging how open and honest conversations can reduce stigma and create connection.

We strive at ICMHA to create spaces where people are included and have a sense of belonging.

We are excited to be having a planter garden installed this month and gardening will be available as an activity in the next couple of weeks.

We have two new groups starting this month, Anxiety support and Emotional Wellness.

These discussion focused groups are registered groups, and each week will cover a new topic. People can choose to attend every week or choose the weeks that most interest them.

The anxiety group will explore:

- Understanding anxiety
- Coping strategies
- Managing anxiety triggers
- Resilience and self-compassion
- Lifestyle factors
- Resourcing and technology

The Emotional Wellness group will explore:

- Mindfulness
- Self-compassion
- Strengths based living
- Resilience
- Positive communication
- Self-Care

In this newsletter you can expect:

Community Updates

Program Particulars

Program/Event Spotlight

Contacts

ICMHA TEAM

REFERRALS



To make a referral fill out a [referral form](#) and send it to paula.greene@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.



Seniors Support Network

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



Bridge

The BRIDGE Centre is an activity-based program for adults aged 19 yrs + who live with cognitive and mental health conditions. The program aims to enhance coping skills and community connection.



PEER Support

All our Peer Support Workers have first hand knowledge of the challenges of Mental Health. The Program offers a variety of low barrier services to connect with others.

Networks

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

Mental Health Week

**There's
more to me.**



Open and honest conversations connect us:

#UnmaskingMentalHealth

PSR Contacts

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