

Community Catch-up



Jan, 2026



Monthly Updates

Seasons greetings and best wishes for 2026,

My apologies for the lack of newsletter in December, we have had a busy holiday season. From present wrapping, to cookie baking and ornament creations it has been a fun and festive time.

Particularly popular was our pancake breakfast which had us flipping more pancakes than we anticipated. It was heartwarming to see the community gather and enjoy the season together.

January sees us returning to our usual schedule and the calendar can be [found here](#) (please note dates of groups are still being finalized).

In 2026 we would like to connect with our partners in Island Health and in the community as much as possible.

We will be hosting open houses again and we would welcome the opportunity to come and talk to your teams. This could look like attending a staff meeting or a 1:1 meeting.

If you have a services that you would like to promote or just raise awareness of let us know and we can invite you to a department meeting. We have found this is a great way to share resources and build relationships with our colleagues doing similar work around the community.

There has been a slight change to the referral form which now has Krysten O'Coffey's, (Program Manager), Island Health email on it so please send referrals to Krysten.

ICMHA TEAM

In this newsletter you can expect:

Community Updates

Program Particulars

Wait time update

Contacts

REFERRALS



To make a referral fill out a 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

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.

Waitlist times

As of Dec 2025

Seniors – immediate/1 week
Networks Ed – 3 weeks
Networks Employment – 12 weeks
Grow – 8 weeks
PEER Support - 4 weeks

PSR Contacts

Paula Greene -Interim Co-ED
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

Mackenzie Gibson - OT
mackenzie.gibson@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

PEER Support

Manon Williams - Facilitator
manon.williams@icmha.ca
Robbie Durose - Facilitator
robbie.durose@icmha.ca
Aerin LeDrew - Facilitator
aerin.ledrew@icmha.ca
Jon Van Ziffle - Facilitator
jon.ziffle@icmha.ca
Q Bachand - Facilitator
q.bachand@icmha.ca
Jack Adamson - Facilitator
jack.adamson@icmha.ca

Seniors Support Network

Gurpreet Kaur - Coordinator
Gurpreet.kaur@icmha.ca/250-884-9762
Sonia Virk - Activity Worker
Sonia.virk@icmha.ca/250-884-2754