

# 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 that 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](mailto:krysten.ocoffey@islandhealth.ca) or fax 250-389-1263 or contact [Krysten.ocoffey@icmha.ca](mailto: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 intergenerational socializing, , healthy living, and maintaining independence.



### 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.



### 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