

# Community Catch-up



March, 2026



## Monthly Updates

We are delighted to welcome our new Executive Director to ICMHA, please see below the announcement from our Board chairs. Bob Clark and Sarah Gustin (incoming chair).

On behalf of the Board, we are very pleased to announce the appointment of Elijah Zimmerman (He/They) as the new Executive Director of Island Community Mental Health Association.

Elijah is a responsive and grounded leader with a deep commitment to mission-driven, trauma-informed organizations. Over the past eight years, he has served as ED of three nonprofits — the Center for Mindful Self-Compassion, the Victoria Sexual Assault Centre, and the Churchill Northern Studies Centre — where he guided teams toward stronger mission alignment, financial health, and good governance.

Prior to his executive leadership roles, Elijah spent nearly a decade at the University of Waterloo teaching leadership, intercultural communication, and performance. He holds a Ph.D. in Communication Studies, along with a background in Interfaith Studies and military leadership. This unique combination has shaped his understanding of how people connect, how systems function, and how healthy organizations cultivate strong communities.

Elijah will begin his role on March 16, 2026.

Elijah can be contacted at [executive.director@icmha.ca](mailto:executive.director@icmha.ca) please feel free to reach out and welcome him to his new role.

*ICMHA TEAM*

### In this newsletter you can expect:



Community Updates



Program Particulars



Wait time update



Contacts



## REFERRALS



To make a referral fill out a [fillable 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.

## 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 March 2026

- 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  
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**Krysten O’Coffey** - PSR Manager  
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### Networks

**Sandra Pruss** - Education  
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**Stu Fraser** - Education  
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**Allison Hicke** - Employment  
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**Walter Nienaber** - Employment  
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### GROW

**Mackenzie Gibson** - OT  
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**Madison Davenport** - Coach  
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**Hiromi Domae** - Coach  
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**Luke Thornton** - Coach  
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### PEER Support

**Manon Williams** - Facilitator  
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**Robbie Durose** - Facilitator  
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**Aerin LeDrew** - Facilitator  
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**Jack Adamson**- Facilitator  
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### Seniors Support Network

**Gurpreet Kaur** - Coordinator  
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**Sonia Virk**- Activity Worker  
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