

# Community Catch-up



January 2025



## Monthly Updates

From everyone at ICMHA Happy New Year.

2025 sees new programs starting. We particularly want to highlight the new integrated Bridge/SSN program.

It has been developed as a drop- in schedule that is open to people in both programs. This way folks will have access to more groups and activities and more people will have access to increased programming. Please see program spotlight for more details.

Alongside this the new GROW program launched Jan 6. It contains many of our usual groups such as CBT, Mindfulness and yoga but new for this year is a daily 'wake up with ICMHA' between 9.30-10.30. This is a drop -in time to grab a coffee and connect with others. It is open to anyone who has made a referral and had a screening call.

We have also introduced a group on Friday afternoons which will be facilitated by Canadian songwriter, Dina Sipos. It starts in Feb and will be a time to connect with music and others.

We are excited to be introducing Emotional Intelligence to the GROW calendar. This is a registered 8-week group exploring self-awareness, beliefs, regulation and expression.

In a move to streamline the referral process we have created one referral form for all programs. You can still indicate which programs you want to refer to but there will no longer be multiple forms. We hope this will simplify the process for everyone.

All calendars and the new referral form can be found on our website

*ICMHA TEAM*

### In this newsletter you can expect:

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### REFERRALS



To make a referral fill out a referral form and send it to Krysten.ocoffey@icmha.ca or paula.greene@islandhealth.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.



### 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.



### 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.



### 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.

## Program Spotlight

The newly integrated Bridge and SSN schedule provides a diverse range of activities and programs that will appeal to both Bridge and SSN participants. We have called the integrated schedule PathCrafters. Participants can come for part or all of a day and choose the activities they are most interested in. You can find the calendar [here](#)

### PSR Contacts

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### Networks

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### PEER Support

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### Bridge/Seniors Support

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