

**INSIDE THIS ISSUE:**

**HOPE, FAMILY AND THE SEARCH FOR WORK**  
2

**SERVICES FOR FIRST NATIONS**  
3

**PEER NAVIGATORS**  
4

**WHY MY TIME AT THRIVE HAS BEEN SUCCESSFUL**  
5

**A SAMPLE OF NON-PROFIT ORGANIZATIONS IN VANCOUVER**  
6

**STIGMA, THE LGBTQ2S COMMUNITY, AND HOW QMUNITY HELPS**  
9

**FAMILY CONNECTIONS SUPPORT GROUP**  
10

**SUBSTANCE USE HELP**  
11

**MORE SUPPORT GROUPS**  
12

**Your Family Support and Involvement Team**

Isabella Mori  
Coordinator, Family/Client Support & Involvement, Acute  
604-290-3817  
Isabella.Mori@vch.ca

Becky Hynes  
Coordinator, Family & Consumer Involvement, Tertiary  
604-714-3771  
Becky.Hynes@vch.ca

Jennifer Glasgow  
Manager,  
Family Support & Involvement  
(604) 736-2881  
Jennifer.Glasgow@vch.ca

Coordinator Family Support & Involvement, Community

On leave until February 2018.  
Isabella and Jennifer provide coverage until February.

# Family Connections

EDITED BY ISABELLA MORI . JANUARY 2018

This edition of our newsletter is about the invaluable mental health resources in Vancouver provided by non-profit organizations.



Sometimes providing the appropriate care for your loved one requires you to acknowledge that you are not able and/or capable of providing them with what they need.

Please remember that if your loved one is at risk to themselves or others, the best resources are your local Emergency Department, and 911. For non-emergencies please contact the Access and Assessment Center (AAC).

**AAC Contact Information**

- Hours: 7 days/week; 24 hours/day; 365 days/year
- Phone: 604-675-3700
- Address: 803 West 12th Avenue (at Willow between 12th and 10th)

## Hope, Family and the Search for Work

By Lana Cullis

Watching a loved one look for work after a recent hospitalization can be really tough. And for families who have been supporting individuals over a long period of time it can be tempting to wonder if there really is a place in the job market for everyone. I work as *Individual Placement and Support (IPS)* employment counselor on a VCH mental health team. I help people get jobs and keep them. It is possible for people with mental health diagnosis to find jobs and working often contributes to long term recovery. When people have the added support of their family with job search, it makes a big impact.

Ways to help:

*The person in recovery decides “when” they are ready to job search, family helps with the “how”.* For example: Your son says he wants to start applying for jobs but doesn't feel up to riding the bus because busses are so crowded (he gets anxious). You offer to drive him to his top 3 employers when you are out doing errands the next morning.

*Instead of discounting the “unrealistic” job ideas your family member may come up with, help your family member take a concrete step “towards” them.* Take a moment to think about how many people are in the first job they ever applied for? Are you? Applying for jobs that may not work out is part of the job search process. These learning experiences build skills, increase confidence and help job seekers keep trying until they find the right job. Sometimes “a wild idea” can motivate us to make our first resume, or even make a few calls. When individuals are ill we need to build on passion, curiosity and energy, as often people tire easily and give up.

*If it is taking a while to find a job, consider supporting your family member to consult with an employment professional (like IPS, Gastown Vocational Service or Work BC).* When your car needs repairs you likely consult a mechanic if you need more than a simple oil change, or when your teeth need fixed you consult a dentist. Job search after injury or illness may benefit from an employment specialist called a vocational rehabilitation counselor.

### Individual Placement and Support (IPS)

There is an IPS Vocational Rehabilitation Counselor on every VCH Mental Health team in the Lower Mainland. We help people one on one to reach their job search goals and we also help people to keep working once they get a job. Sometimes a job may not be the right fit, and in that case we help people to find a new job. We also work with employers on return to work plans, and we assist people to figure out how they want to handle issues of disclosure about their health situation. We work with people of all backgrounds, cultures and education levels. Most importantly we follow a philosophy that states everyone has the right to work. Everyone deserves help to find and keep a job that works for them. To find your local IPS Vocational Rehabilitation Counselor click here <https://vancouver-fraser.cmha.bc.ca/staff/>

Lana Cullis IPS Vocational Rehabilitation Counselor at Kitsilano Mental Health Team

*The person  
in recovery  
decides  
“when” they  
are ready to  
job search,  
family helps  
with the  
“how”.*

## Services For First Nations

By Isabella Mori



This article summarizes an interview with Perry Omeasoo, a mental health worker who has been a First Nations Mental Health Liaison at Vancouver Coastal Health for almost two decades.

Perry bridges the gap between First Nations individuals and organizations on the one hand and mainstream services on the other. He provides consultation and co-therapy to case managers and other service providers, makes referrals, and does a lot of work educating organizations and individuals. For example, he helps First Nations individuals understand mental health and mental illness and how they are similar to and different from substance use issues, discusses with them how historical issues such as residential schools and current inequalities might impact their health, and provides other culturally relevant and spiritual services. He also assists VCH care providers by letting them know what services might be available specifically to their First Nations clients, and what bands are in their area.

I asked Perry what services the people he works with use frequently. He named a few, among them

- Native Courtworkers – <http://nccabc.ca/> - Perry likes that they have good spiritually based programs, and good alcohol and drug services
- Native Health - <http://www.vnhs.net/> - provides a wide variety of services for First Nations people and their families, including Family Support Services and dental care
- UNYA (Urban Native Youth Association) - <http://www.unya.bc.ca> – services for people of varying ages up to 30 years, depending on the program, including employment, training and counselling
- Kettle Friendship Society – <http://www.thekettle.ca> - Housing, employment, advocacy and support services  
Vancouver Aboriginal Friendship Centre - <http://www.vafcs.org/> - programs in health and welfare, social services, human rights, sports, culture, education, recreation and equality

Finally, we talked about what services the people Perry services would need more of. The first thing that came up was counselling for people who have “regular” problems – people simply overwhelmed with life and needing someone to talk to and sort things out. Perry would also like to see more culturally based spiritual programs, for example an Elders program. Also, VCH health professionals still have a ways to go to understand the need for respecting and responding to the spiritual aspects of clients’ lives.



*Health professionals still have a ways to go to understand the need for respecting and responding to the spiritual aspects of First Nations clients’ lives.*

*“The few times I went to meet with Peer Navigators are pretty much the only times during eight lonely years in Vancouver that I felt genuinely understood”*

## Peer Navigators

By Jael Emberley

The Peer Navigator Team is part of CMHA Vancouver-Fraser (see <https://vancouver-fraser.cmha.bc.ca/programs-services/peer-navigator-peer-support/>). We work with people assisting with self-advocacy, distinct from advocating for people. Our participants are adults aged 17+ residing in Vancouver, not receiving services from a Mental Health Team. They self-identify as having Mental Health or Substance Use issues, and want to access resources to address the following types of needs: Health/Mental Health, Housing, Income, Legal and/or Community Connections. Peer navigators have lived experience of recovery from struggles with Mental Health and/or Substance use. We have experience accessing resources and solving problems while managing complex personal issues.

### Profile of a Peer Navigator

A peer navigator, Jael, tells us about some of her life experiences connect with being a peer navigator:

These days, life outside work is organized around enjoyable connections with friends and family. I have many interests including Tournament Scrabble, ballroom dancing, canoeing, reading fantasy, homegrown Cards against Humanity, and family camping.

In the early 1990's, a single parents' group gave me a unique opportunity: I had a one-time only free session with a personal budgeting expert. She looked over my documents - income assistance, rent, utilities, bus pass costs. The expert said, "You don't have enough money to live on here. Is there any way you can get more money?" Wow. I felt better. I wasn't lazy or stupid. I just needed more money. Within six months, I applied for subsidized housing on my own. I found low cost counselling. I hung in there for the eternal wait list (7 weeks feels like a hundred years). Then (after 3 years) I had to find different low cost counselling because my mental health was worse than what the organization's mandate covered. I interviewed new counsellors and chose one. This time I didn't have to wait for the counsellor, but I did have to wait for funding. At the time, welfare covered my specialized counselling for people with severe complex problems. I didn't know that people with my problems lose their housing, their family, their jobs and their kids. I didn't know that intrusive suicidal thoughts are not "business as usual" unless there is something serious going on. By the time I figured that out, the constant suicidal thoughts had receded.

The peer navigator role gives me a unique opportunity to participate with someone in the way that I wish someone had been there with me in the early '90's. One of the program participants expressed this to one of my team members:

"The few times I went to meet with Peer Navigators are pretty much the only times during eight lonely years in Vancouver that I felt genuinely understood and this was very heartwarming to me. Please keep doing this wonderful work. I have no doubt you are saving many lives even without knowing it. Sometimes human compassion and kindness is all it takes to survive a moment of darkness."

## Why My Time At Thrive Has Been Successful

By G.K. Nicoll

I started coming to Thrive years ago when I was looking for employment. It was not a good or strong time for me, as I was casting about without any real plans or job prospects. I was suggested to Thrive by WorkBC. So I came to Thrive to see what else life had to offer in a time when I wasn't sure of myself or my future.

At first, I was only using the resource centre to access information online, print out guitar chord sheets, and check emails. Occasionally, I would come out for a special event or BBQ, where I met people from the community who also attended the program, talked about life, politics, mental health, and of course, enjoyed the food. As my time at Thrive has continued, it has evolved into so much more.

Recently, I have been attending some of the classes offered and have found them to be very inspiring. There was a digital photography course where I ended up with a framed photograph of some wildflower's seed heads. I also took a creative arts course, where we explored drawing, painting, and photo-transfer. Here, I brushed up on my skills and learned new ones as we collectively drew a picture of Halle Berry. I also photo-transferred a picture of Skrillex from Time magazine onto a canvas, and painted three canvases – a surrealist landscape, a kitchen-sink realist portrait, and an impressionist tree and moonscape. There was also a writing course, where we practised reading and writing poetry and fiction. This was so much fun, as I love reading poetry aloud and it was very motivating for the writing of it. I even entered the short-story I wrote for the course into a short-fiction story-writing contest. Now I have taken up blogging and write regularly at Thrive.

Thrive also helped me through the Health and Wellness Bursary program with buying a tracksuit, as I found it hard to attend soccer games, particularly in the winter when it was too cold just to wear shorts and a t-shirt. Now, I wear the tracksuit regularly, and it is one of my favourite pieces of clothing.

To top it off, I have also recently found work – something I was searching for actively for years.

I am very grateful for my time at Thrive, which has been full of life and opportunity. The more time I spend at Thrive, the more I see is available here, from the constantly rotating menu of courses, to the people I meet and have a chance to talk to. There is always something going on.



### About Thrive

Operated by Open Door Group, Thrive offers one-to-one coaching and group programs that focus on skills building, personal development and successful community engagement through leisure, employment, volunteering, and social engagements. All services are free for eligible members.

[www.opendoorgroup.org/thrive](http://www.opendoorgroup.org/thrive)

*“Thrive also helped me through [a] bursary program with buying a tracksuit ... Now, I wear the tracksuit regularly, and it is one of my favourite pieces of clothing.”*

## A SAMPLE OF NON-PROFIT ORGANIZATIONS IN VANCOUVER

Compiled December 2017

By Isabella Mori

Below is a selection of non-profits in Vancouver that help people live better lives. It is a list compiled with the help of people experienced with the services offered in Vancouver but is in no way exhaustive, and absence from this list by no means that an organizational is not important or even vital.

*"No one cares what you wear, if you have money or a job. We are all in the same boat, birds of a feather; sharing the same theme of addiction hardships."*

### Addiction Specific

Aboriginal Front Door Society - <http://www.abfrontdoor.com> - Functions as a culturally relevant entry point towards drug and alcohol treatment. A culturally safe, peer designed place for Aboriginal Peoples and their friends and family in the Downtown East Side. Provides community meetings, healing circles, crisis intervention, and Elder/family cultural guidance.

Al-Anon - <http://bcyukon-al-anon.org/index.html> – 12-step groups for families/supporters of people dealing with addiction issues. "No one cares what you wear, if you have money or a job. We are all in the same boat, birds of a feather; sharing the same theme of addiction hardships."

From Grief To Action - <https://www.fromgriefftoaction.com> - Providing hope and support, resources and respect to families and friends affected by drug use.

LifeRing - <http://liferingcanada.org> - Alcohol and drug support groups; support people in all stages of recovery and emphasize personal responsibility; individualized recovery plans; self-empowerment; peer-support; adhere to principles and practices founded on evolving research.

Maxxine Wright Community Health Centre - <http://www.atira.bc.ca/maxxine-wright-community-health-centre> - Supports women who are pregnant or have a child under six months old and are impacted by substance use and/or violence and abuse.

Vancouver Recovery Club - [http://www.vancouverrecoveryclub.com/?page\\_id=131](http://www.vancouverrecoveryclub.com/?page_id=131) – 12-step support groups for people dealing with addiction issues (Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Gamblers Anonymous, Marijuana Anonymous, Overeaters Anonymous, Sex and Love Addicts Anonymous in English and Spanish)

Vancouver Area Network of Drug Users (VANDU) - <http://www.vandu.org/> - A group of former and current drug users provide peer support, harm reduction services and education to improve the lives of people who use illicit drugs.

### Mental Health Specific

BC Schizophrenia Society – <http://www.bcss.org/category/aboutbcss/> - mutual support, education and advocacy for people with schizophrenia and other serious and persistent mental illness, as well as their families

Canadian Mental Health Association - CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Mental health begins where you live, learn, work and play.

- CMHA BC Division – <https://cmha.bc.ca/> - Wellness, coaching, youth programs, bursaries, suicide prevention
- CMHA Vancouver Fraser – <http://vancouver-fraser.cmha.bc.ca/> - Housing, children & youth, employment, peer services, wellness, recreation
- CMHA North & West Vancouver - <https://northwestvancouver.cmha.bc.ca/> - Wellness, youth, mental health on campus, workplace & community training, employment, housing

Coast Foundation - <https://www.coastmentalhealth.com> – Clubhouse, resource centre, street outreach, peer support, art room, employment and training, education

Gastown Vocational Services – <http://www.gvsonline.ca/> - job search/career services - “Their offerings for support and training, resume review and interview feedback and such are really good and I’d recommend them.”

Here To Help - <http://www.heretohelp.bc.ca> - quality information on mental health, mental disorders and substance use problems and disorders.

Kelty Mental Health - <http://keltymentalhealth.ca/> - BC's Information Source for Children, Youth & Families

Kettle Friendship Society – <http://www.thekettle.ca> - Supporting people living with mental illness to lead healthier lives through housing, employment, advocacy and support services; raising awareness of mental health issues and breaking down barriers; promoting the inclusion of people living with mental illness in all aspects of society. The Kettle is well-known for its drop-in centre.

Mental Patients Association - <http://www.mpa-society.org/> - Advocacy & social justice; housing; resource centre; psychosocial rehabilitation

Mood Disorders Association - <http://www.mdabc.net/> - Adult psychiatric clinic; counselling & wellness; support groups. MDA has recently merged with the Lookout Society, which provides health, housing and shelter services

Open Door Group – <http://www.opendoorgroup.org/> - recreational and vocational/career programs “Open Door Group’s dragon boat team was immensely valuable to me to push me out the door to join teammates for scheduled weekend practices”

## **Other**

Community Centres - <http://vancouver.ca/parks-recreation-culture/community-and-cultural-centres.aspx> - 27 community centres around Vancouver – one in your neighbourhood! A wide variety of sports/fitness and other recreational and educational programs

Disability Alliance - <http://disabilityalliancebc.org/> - Help with application for disability benefits, taxes and Registered Disability Savings Plans (RDSP). Also advocates to bring about positive change for people with disabilities.

Dress 4 Success - <https://vancouver.dressforsuccess.org> – Vancouver chapter of an international organization that helps women with outfits for jobs and job interviews; with employment retention; and through support groups. “Dress for success has given me a sense of belonging, of being part of a team.”

Family Services Of Greater Vancouver – [www.fsgv.ca](http://www.fsgv.ca) – Low cost counselling, financial literacy, community kitchens, parenting supports, trauma and sexual assault services, and more

First United Church - <https://firstunited.ca/> - Offering programs of advocacy, housing, healing and hospitality, this community space supports and celebrates the inherent strengths of all people, of all walks of life.

Food Banks - <http://sheway.vcn.bc.ca/programs-and-services/food-services/food-banks-food-services/> - this is a listing of food banks and other food services in Vancouver

Free and Low Cost Counselling Services—<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>

Meetup - <https://www.meetup.com/cities/ca/bc/vancouver/> - An interesting way to find friends and make connections

Neighbourhood Houses - <http://anhbc.org/> - Neighbourhood houses provide healthy places to live, work and play for residents of any age, from all walks of life. Lots of programs that bring neighbours together like community dinners and outings.

Oak Counselling Services - <http://oakcounselling.org> – Counselling services on a sliding scale, from \$10-\$65.

Qmunity - <https://qmunity.ca/> - BC's Queer, Trans, and Two-Spirit Resource Centre

SUCCESS - <http://www.successbc.ca/eng/> - Immigrant Settlement and Integration Program; employment programs, and community, family, and housing services in Cantonese, English, Farsi, Mandarin, and Vietnamese.

Union Gospel Mission – <https://www.ugm.ca> - transforming communities by overcoming poverty, homeless and addiction, one life at a time

Vancouver Aboriginal Friendship Centre - <http://www.vafes.org/> - provides programs in health and welfare, social services, human rights, sports, culture, education, recreation and equality for all genders of Aboriginal People of all age groups.

Vancouver Public Library - <https://www.vpl.ca/> - “A quiet, accepting place where you can spend some time to relax, learn, use a computer – and gather your thoughts.”





## Stigma, the LGBTQ2S Community, and how QMunity helps

By Zachariah Finlay

As a society, we're growing increasingly aware of the impact of mental health-related stigma. Bell's *Let's Talk* initiative (<http://letstalk.bell.ca>) is only one of the many efforts underway to create more open communication about mental illness. In decreasing stigma, we have opportunities to limit the shame and hiding that can interrupt and derail the recovery process.

Of course, people with mental illness are not the only ones who suffer because of stigma. Among others, members of the LGBTQ2S (that's "Lesbian, Gay, Bisexual, Transgender, Queer, and Two-Spirit") communities do as well. Like mental health and substance use concerns, differences related to sexual orientation and gender identity often carry the burden of being hidden.

This stigma also has mental health implications. The National Alliance for the Mentally Ill (<http://www.nami.org/Find-Support/LGBTQ>) reports the following:

- LGBTQ2S people are almost three times more likely than the general population to experience a mental health condition
- suicide is the leading cause of death for LGBTQ2S folk between the ages of 10 and 24
- 25% of the members of the LGBTQ2S communities meet diagnostic criteria for alcohol abuse, compared to 5-10% of the general population.
- People who are members of a sexual minority, and who have a mental illness, can experience "dual stigma": the double whammy of stigma associated with the mental health or substance use issue, along with the stigma of their sexual orientation or gender identity.

Families play an important role in limiting the mental health related consequences of being a member of these stigmatized groups. For example, people who were accepted by their families after coming out are eight times less likely to attempt suicide than their peers who report that their family rejected them during their coming out process.

Just like stigma due to mental illness, stigma due to sexual orientation and gender identity is lessening in society. A good example of this change is Prime Minister Trudeau's recent apology for past state-sanctioned harassment of LGBTQ2S folk. The changes associated with this lessening of stigma could not have occurred without the hard work, advocacy, and support of LGBTQ2S community organizations across Canada.

One such organization in Vancouver is QMunity. Located in the West End neighbourhood, QMunity provides a variety of resources for the LGBTQ2S community. Many of these would be quite relevant to individuals with mental health or substance use concerns, and their families. Services there include:

- Counselling
- Support Groups including bereavement, chronic health/disability, seniors, and legal services
- Referrals
- Youth Peer Support
- Socializing and Volunteer Opportunities
- Advice and Resources for Allies.

Do you want to learn more about how to support your LGBTQ2S family member? Or do you need support yourself, as a member of this community? You can reach QMunity at 604-684-5307, or [reception@qmunity.ca](mailto:reception@qmunity.ca). They are located at 1170 Bute St. (Main entrance) or 610 – 1033 Davie St. (wheelchair accessible).

*People who were accepted by their families after coming out are 8 times less likely to attempt suicide than their peers who report that their family rejected them*

## The Family Connections Support Group

The Family Support and Involvement Team has a support group for family and friends of individuals with mental illness and/or substance use concerns. The group is facilitated by a Family Support & Involvement Coordinator and co-facilitated by a family member.

We aim to create a welcoming and supportive space in which family members can share their experiences with each other and feel supported and strengthened in their efforts to help their loved ones. The group has a small educational component. Participants also receive twice-monthly emails with the contents of the educational part.

Family and supporters are free to attend on a regular basis or drop in as needed. We hope that having the group on the VGH campus makes it easier for families to attend who are supporting a loved one at the Psychiatric Assessment Unit (PAU), Inpatient Psychiatry or Willow Pavilion, though all family members and supporters are welcome.

**DATE:** Every first Thursday and third Monday of the month  
**TIME:** 6:00 – 8:00 p.m.  
**PLACE:** 2nd floor boardroom, Joseph & Rosalie Segal & Family Health Centre, 803 W 12th Ave (at Willow; can be approached from W 10th Ave, behind the Blusson Spinal Cord Centre at 818 W 10th Ave). A map is at

<http://www.spotlightonmentalhealth.com/segal-building-map/>

For questions or more information please contact:

isabella.mori@vch.ca, 604 290-3817 or

becky.hynes@vch.ca, 604-714-3771



*“We aim to create a welcoming and supportive space in which family members can share their experiences with each other and feel supported and strengthened”*

## How Do I Access VCH Vancouver Substance Use Counselling and Groups?

Service	Offered on site	Intake Process
<b>Cambie Older Adult Mental Health and Substance Use</b> 200 - 4088 Cambie St. Telephone: 604-873-6733	1:1 counselling	Call 604-873-6733
<b>Downtown Community Health Centre</b> 569 Powell St. Telephone: 604-255-3151	1:1 counselling Groups	<b>DTES residents only</b> <u>Drop in intake hours:</u> Monday to Friday: 8:30 am to 5:00 pm Women only: Tues 6:00 pm to 8:00 pm
<b>Evergreen Community Health Centre</b> 3425 Crowley Dr. Telephone: 604-707-3620	1:1 counselling Acupuncture	<u>Drop in intake hours:</u> Tuesday: 1:00 pm to 3:30 pm
<b>Pacific Spirit Community Health Centre</b> 2110 W 43 Ave. Telephone: 604-261-6366	Youth 1:1 counselling	<u>Drop in intake hours:</u> Tuesday: 9:00 am to 4:00 pm Wednesday: 9:00 am to 4:00 pm (Closed 12:00 pm to 1:00 pm)
<b>Pender Community Health Centre</b> 59 W Pender St. Telephone: 604-669-9181	1:1 counselling Groups SMART	<b>DTES residents only</b> <u>Drop in intake hours:</u> Monday to Friday: 8:30 am-4:30 pm
<b>Raven Song Community Health Centre</b> 2450 Ontario St. Telephone: 604-872-8441	Youth 1:1 counselling 1:1 counselling Groups Acupuncture SMART	<u>Drop in intake hours:</u> Monday to Friday: 9:00 am – 12:00 pm 1:00 pm – 4:00 pm. Youth (under 25) call 604-709-6532
<b>The Robert and Lily Lee Family Community Health Centre</b> 310-1669 East Broadway Telephone: 604-675-3990	Youth 1:1 counselling	Call 604-709-6532
<b>South Mental Health and Substance Use Services</b> 220-1200 W. 73 Ave. Telephone: 604-266-6124	1:1 counselling STAR Women's Group Program Acupuncture SMART	<u>Drop in intake hours:</u> Monday: 11:00 am to 2:00 pm Wednesday: 8:30 am to 11:30 am Friday: 1:00 pm to 4:30 pm
<b>Three Bridges Community Health Centre</b> 301-1290 Hornby St. Telephone: 604-714-3480	Youth 1:1 counselling 1:1 counselling VAMP Group Program Acupuncture SMART	<u>Drop in intake hours:</u> Monday: 1:00 pm to 3:30 pm Tuesday: 9:00 am to 11:30 am Wednesday: 4:00 pm to 6:30 pm Thursday: 1:00 pm to 3:30 pm Friday: 9:00 am to 11:30 am

\*\*Call any of these sites for more information and/or to inquire about visiting at a different time to learn about programs and services. VAMP and STAR are open to residents of the North Shore and Richmond.\*\*

All sites offer free harm reduction supplies and naloxone training. No referral required for SMART or acupuncture.

Addiction Medicine is also available at DCHC, Pender, Evergreen, Raven Song, South, Three Bridges and DTES Connections Clinic (604-675-3600). Please phone for more information.

Resources in nearby cities: Richmond (Transitions, 604-244-2486) North Vancouver (Stepping Stones, 604-982-5616 or Hope Centre, 604-984-5000) and Fraser Health (fraserhealth.ca or 604-580-4950 or 604-660-9382).

## Family Support Groups

**Mood Disorders Association of BC** – Mutual support groups for families of individuals living with a mood disorder. 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month, 7 - 9 p.m., Mount St. Joseph Hospital, 3080 Prince Edward St, Harvest Room A.  
Contact Suemay Black @ 604-251-2179

**BC Schizophrenia Vancouver family support group** - Support group for families who have a loved one living with mental illness. 2nd Wednesday of each month 6:30 – 8:30 pm at Vancouver Community College, Broadway Campus 1155 E Broadway, Vancouver, BC V5T 4V5 (Room g218) . Contact Andrew at 604-754-7464

**St Paul’s Hospital Family Support Group**- Support for families who have a loved one living with mental illness. Last Thursday of each month, 6-7:30pm. St Paul’s Hospital, 1081 Burrard Street, Room # 451, 4th floor, Burrard Building. Please pre-register by calling 604-682-2344 local 62403

**VCH Eating Disorder Program – Family Support Group** – for friends and family members of individuals living with an eating disorder. 1st Wednesday of each month, 6 – 7:30 p.m., 3rd Floor, 2750 East Hastings, Vancouver.  
Contact Hella @ 604-675-2531 ext 20689.

**Parents Forever** – Support group for families of adult children living with addiction. Group meets every 2<sup>nd</sup> Friday at St. Mary’s Kerrisdale, 2490 W 37<sup>th</sup> Ave., Vancouver.  
Contact Frances Kenny, 604-524-4230 or [fkenny@uniserve.com](mailto:fkenny@uniserve.com)

**Pathways Clubhouse Chinese Family Support Group** – Education sessions for Chinese families who have a loved one living with mental illness. 2<sup>nd</sup> Saturday of each month. 1 – 4:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond.  
Contact Lorraine Ng [Lorraine.ng@pathwaysclubhouse.com](mailto:Lorraine.ng@pathwaysclubhouse.com)  
or 604-276-8834, ext 215.

## Family Support Groups

**GRASP Support Group** – GRASP offers peer-led mutual support groups for families or individuals who have had a loved one die as a result of substance abuse or addiction.

2<sup>nd</sup> Thursday of each month, 7-9 p.m. at Gilmore Community School 50 South Gilmore Ave, Rm 207. Please email [graspvancouverarea@gmail.com](mailto:graspvancouverarea@gmail.com) to register.

**Family Connections Support Group** — Meets every 1st Thursday and 3rd Monday of the month from 6-8pm at the Joseph & Rosalie Segal & Family Health Center, 803 West 12th Avenue, Vancouver. It is in the center of the VGH campus and can be accessed from Willow & West 10th, right behind the Blusson Spinal Center. A map is at <http://www.spotlightonmentalhealth.com/segal-building-map/> For more information, contact Isabella (604 290-3917 or [isabella.mori@vch.ca](mailto:isabella.mori@vch.ca)) or Becky ([becky.hynes@vch.ca](mailto:becky.hynes@vch.ca)).

**First Nations Talking Circle** - Weekly Talking Circle co-ed group for adult family and clients interested in learning more about First Nations Culture, sharing, expressing thoughts, and experiencing traditional ceremonies. Every Wednesday from 10:00 at the Carnegie Community Centre. Third floor 401 Main Street/Hastings, Vancouver. Contact Perry Omeasoo @ 604-306-7474

**SMART Recovery for Family and Friends** - Self Management And Recovery Training (SMART) is Based on the concepts of Rational Emotive Behavior Therapy & Cognitive Behavioral Therapy. Science-based and practical self care, boundary setting and compassionate communication learning and tools.

**Ravensong CHC 2450 Ontario Street**, 1st floor 604-872-8441 Thursdays 6:00 – 7:30 pm

**Three Bridges CHC 1290 Hornby Street**, Rm 310 604-714-3480 Tuesdays: 6:30 – 8:00 pm

Please contact Oona at 604-675-3988 ext. 20258



The *Family Connections* newsletter is available electronically, direct to your email inbox each month. If you don't already receive *Family Connections* via email and would like to stay up-to-date about programs and services supporting families with a loved one with mental illness and/or addiction, sign up at [www.spotlightonmentalhealth.com](http://www.spotlightonmentalhealth.com)

NOTES