



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

IMAGINE!

ECHO PROGRAM NEWSLETTER SOCIAL DISTANCING (CONNECT)ING EDITION



Photo: Mark Glansy - Pexel

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Dear ECHO members, partners, & communities,

We hope you enjoy this first offering of the pre-summer edition of **IMAGINE**, including art, poetry, photos, resource links, and even photos of our team when we were kids!

Over the past couple weeks, we have started to provide virtual programming. In the past few weeks, we have had a Young Adult Lounge, and Ambassadors & Member Leaders Meetings. *My Artists Corner* has also begun to host weekly virtual workshops. This is just the beginning so please stay tuned for more updates as they are available and, as always, please let us know any suggestions and ideas for groups that you would like to see!

As many of know, last week the BC Government announced its Restart Plan. Since that announcement, many have members have asked about when we would resume in-person services. Please know that staff and management are working diligently to put together a plan that will safely support in-person programs for everyone and will send out an announcement once that is available.

In the meantime, would look forward to connecting with you via phone, email, text and our virtual programs.

Stay Safe! Stay Healthy! Stay Well!

Sincerely,
ECHO Staff Team

Newsletter Production

Shakeel L. (Editor / Design)

Contributors to this Issue (THANK-YOU!)

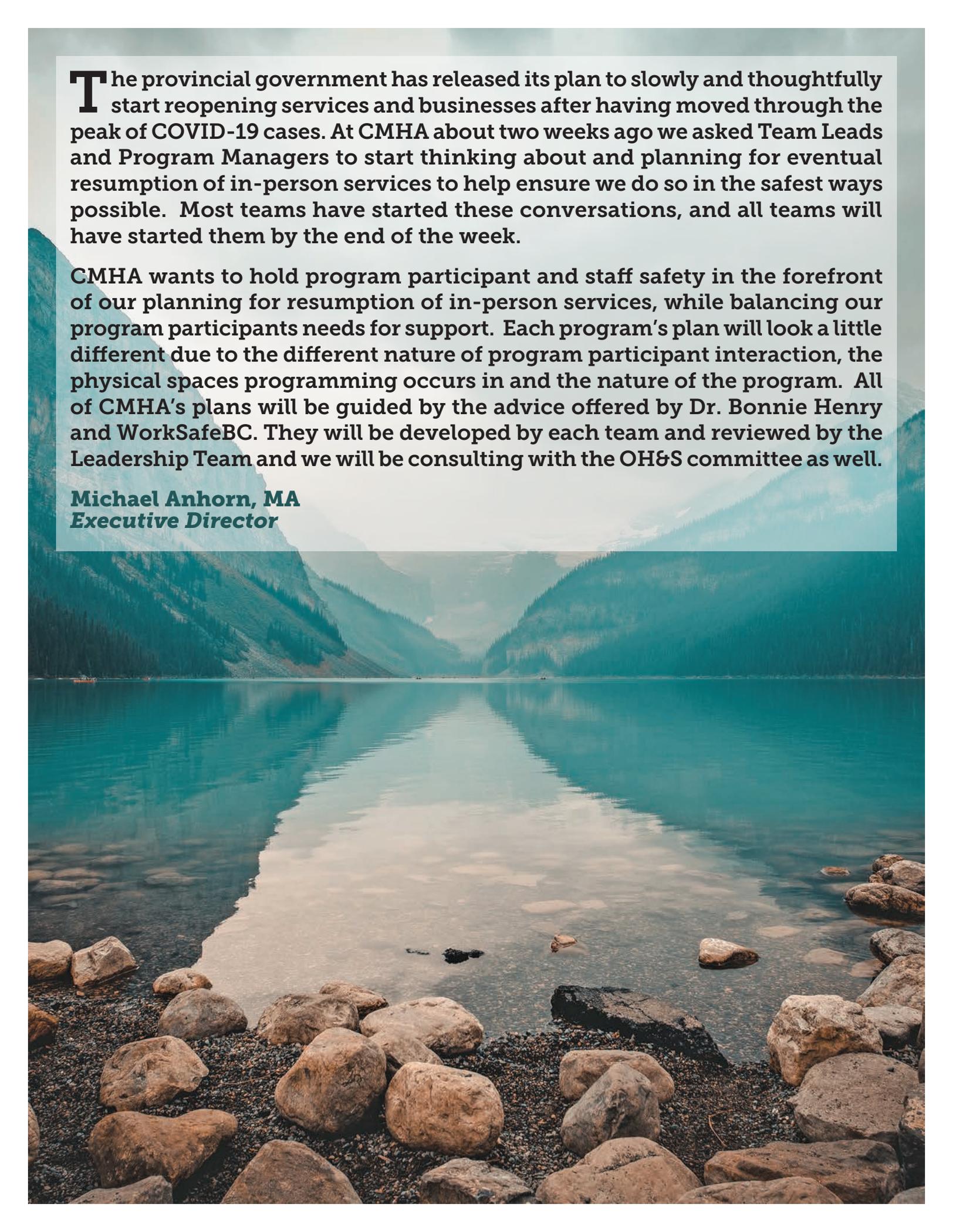
Karen B., Anne Xu., Barbara W., Christine E., Jenn M., Sylvia K., Paul L., Meredith C., Brittany B.

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IMAGINE wants and needs your input, direction, contributions, and participation! Our ongoing goal is to have this newsletter become 100% member created! In order to propel this mission forward we strongly encourage all our members to connect with us via email, telephone, video chat (TBA), mail, carrier pigeon, smoke signals, morse code...by any means necessary!

ECHO (Education, Community, Housing, Options) Program
Canadian Mental Health Association - Vancouver Fraser Branch
IMAGINE - Official ECHO Clubhouse Newsletter
Presummer 2020 - CV19-1 Edition
FREE

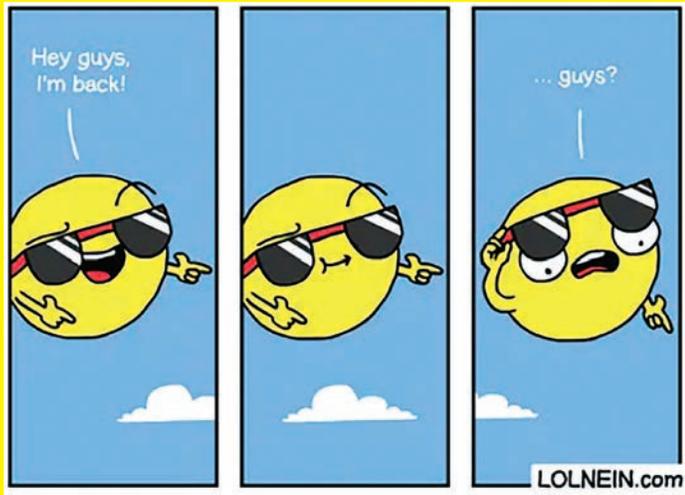


The provincial government has released its plan to slowly and thoughtfully start reopening services and businesses after having moved through the peak of COVID-19 cases. At CMHA about two weeks ago we asked Team Leads and Program Managers to start thinking about and planning for eventual resumption of in-person services to help ensure we do so in the safest ways possible. Most teams have started these conversations, and all teams will have started them by the end of the week.

CMHA wants to hold program participant and staff safety in the forefront of our planning for resumption of in-person services, while balancing our program participants needs for support. Each program's plan will look a little different due to the different nature of program participant interaction, the physical spaces programming occurs in and the nature of the program. All of CMHA's plans will be guided by the advice offered by Dr. Bonnie Henry and WorkSafeBC. They will be developed by each team and reviewed by the Leadership Team and we will be consulting with the OH&S committee as well.

Michael Anhorn, MA
Executive Director

SELF-CARE + FUNNIES!



When you're in quarantine and you let your girlfriend style your hair



Dear 2020,
None of this sh*t
was on my vision board.

RESOURCES

BC CRISIS CENTRE - non-profit volunteer organization committed to helping people help themselves and deal with crisis. 24 hours a day, 7 days a week the Crisis Centre provides emotional support to youth, adults and seniors in distress.

Call: 604-872-3311 (Greater Vancouver)

Call: 604-872-1234 (Seniors Distress)

Call: 310-6789 (Mental Health Support B.C.) *no area code

HEALTH LINK BC - includes up-to-date announcements from the public health authorities as well as other pertinent information

www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19

Call: 8-1-1

BC211 - is Vancouver-based non-profit organization that specializes in providing information and referral regarding community, government and social services in BC. *Includes newly announced additional support services for elders

www.bc211.ca/

Call: 2-1-1

FOOD BANK - expanded and Related Support Services

foodbank.bc.ca/find-food/

Call: 604-876-7323

GOVERNMENT FINANCIAL AID - programs in response to Covid-19 (e.g. income, rent, family care)

www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports

Call: 604-660-2421

Text: 604-660-2421

HERE TO HELP - information and resources from a group of seven leading mental health and substance use non-profit agencies

www.heretohelp.bc.ca

ANXIETY CANADA - for information and self-management strategies for anxiety

www.anxietycanada.com

BOUNCEBACK® - skill building program (Online Version) for managing mood, and stress

bouncebackbc.ca/register/

Call: 1-866-639-0522

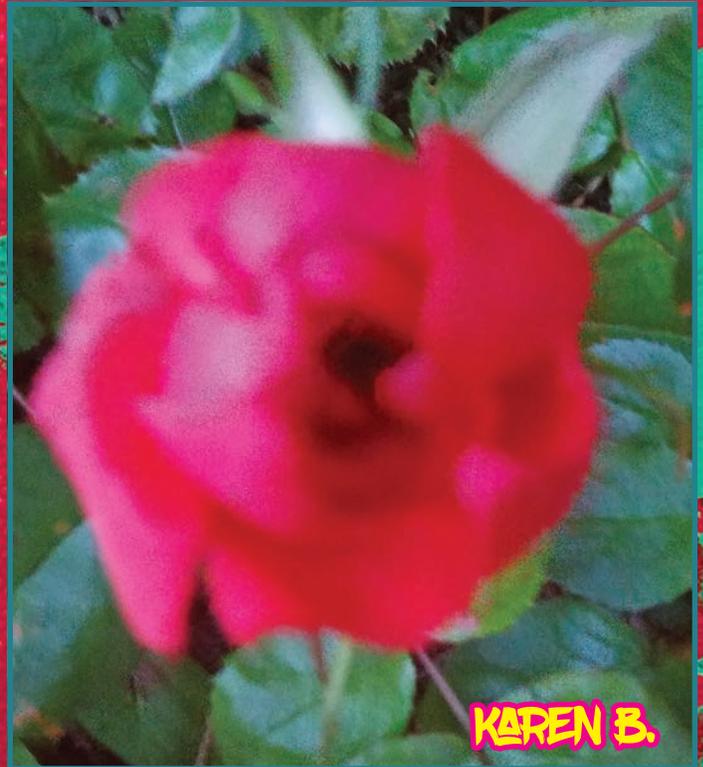
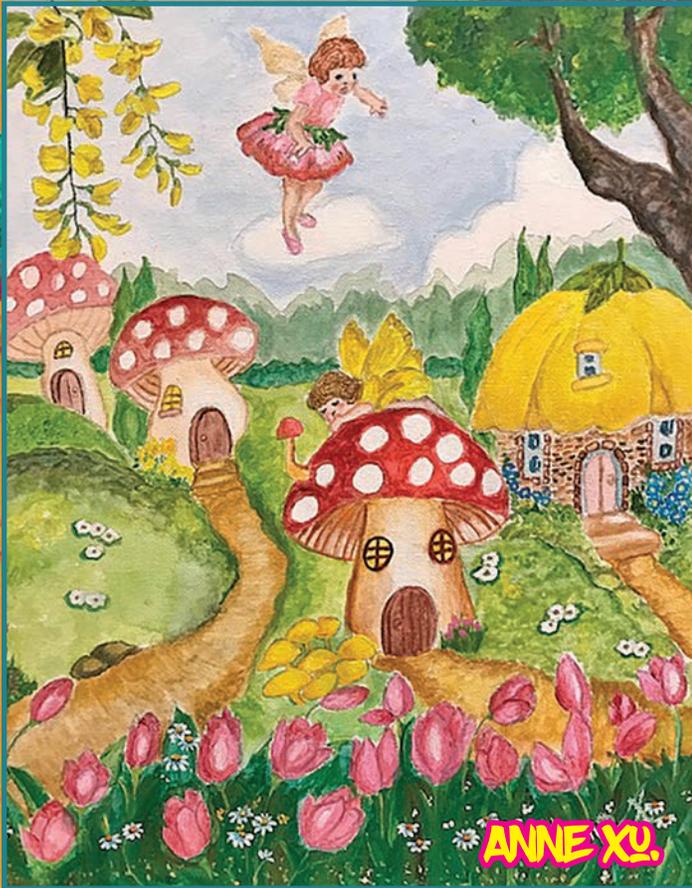
MINDSHIFT™ CBT - employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.

ECHO NALOXONE KITS - Naloxone kits are available through ECHO. Please contact to arrange pick-up.

Call: 604-526-9606 / *see complete list of contact numbers on cover page

MEMBER ART, WRITING & PHOTOGRAPHY!

"Today I choose:
Calm over chaos
Serenity over stress
Peace over perfection"
By Mary Davis (Selected By Karen B.)



I set sail in my beloved, rugged boat along the rocky rapids river Thunder struck, absolute black-out, which left me blinded and petrified. All of a sudden the wee-little boat shook as I heard a loud thump and freezing water emerged the craft knee deep. I was soaked and shocked. I scrambled to find a tarp to wrap my body to keep warm. Then I gazed to starboard, to see ray of light, when lo and behold a big grey whale graced me with his presence. I nearly passed out, this rare sighting one to hit the history books.
By Karen B.



WAITING FOR THE PAINT TO DRY: A VIEW FROM INSIDE THE MAC BOARD... BARBARA WONG

The ECHO Clubhouse and MAC, are fantastic places to meet new people and work on rebuilding social skills. "Waiting for the Paint to Dry," I am a MAC volunteer and Board Secretary. I prep canvases with fresh paint and wait for them to dry. As secretary, I am responsible for Board Meeting Minutes and other miscellaneous tasks. Volunteering, I do computer work, organize art work, and sort art supplies for MAC.

For my current journey, I attended Burnaby Hospital IPS (Individual Placement Services) and the ECHO Clubhouse - where I met Christine, ECHO Vocational Coordinator/ Team Lead, in 2019. At the ECHO Vocational Lounge, I met other Clubhouse members interested in reintegrating back into the volunteer or work. Encouraged by Christine - I met Teresa, MAC Coordinator. Teresa interviewed me and hired me to be Secretary/ Board Member for MAC.

I go to ECHO Thursdays and volunteer once a week at MAC. It can be exciting!!! Meeting new people, making new friends, giving back to ECHO/MAC by volunteering has opened up a WEP (Work Experience Placement) for me at Burnaby Community Services. Life is happening so fast! For those interested TVP (Therapeutic Volunteer Program - Contact Jen, ECHO), has been a real game-changer! Although, I am still working on my life/work balance and



mental health issues - volunteering with MAC has opened up new opportunities. VCH (Vancouver Coastal Health) is working with me, on a job development plan. I look forward to the future.



WRAP is . . .

The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

WRAP Will Help You:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, by using wellness tools, develop action plans for responding at these times.
- Create a crisis plan
- Create a post-crisis plan

WRAP is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do.

Did you know the wrap app is available for free on Android and IOS to download on your phone or tablet? You can also visit <https://mentalhealthrecovery.com/wrap-is/> for more information. Try it now it's a great tool to support yourself during this time of COVID-19, physical distancing, self-isolation and more.

In-person groups are not currently being offered, however the following two groups are available from now through to September; Introduction to WRAP (2 sessions) and WRAP Follow-up (1 session).

You can join in with any of the available dates, but but if you are interested Sylvia will be co-facilitating the "Intro to WRAP" on July 21 & 23 and Aug 4 & 6. If you are interested in joining on of her sessions please indicate that would like like to be placed in one of Sylvia's dates

Registration Contact Info:

Phone: 1-800-211-0585 or Email: wrapinfo@communitascare.com

MORE SELF-CARE + FUNNIES!

celebrities: we're all in the same boat

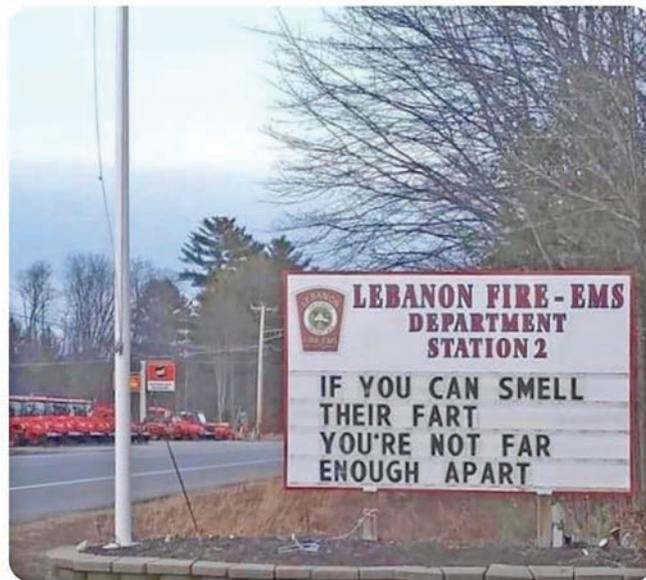
their boat:



my boat:



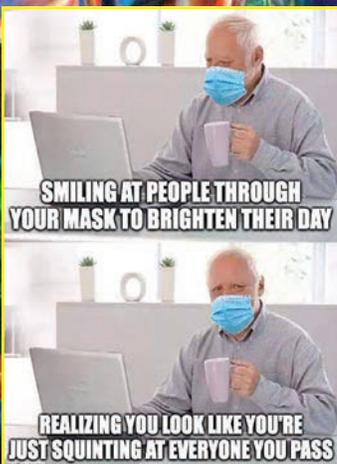
Quarantine Rules to live by.



AFFIRMATIONS FOR



TOUGH TIMES



told my suitcase we're not going on vacation this year





ridedon'thide

Ride Anytime, Anywhere

Bring **MENTAL HEALTH** into the **OPEN**

From today until June 30, get fresh air and physical activity while socially distancing.

REGISTER TODAY AT:

ridedon'thide.com



Association canadienne
pour la santé mentale

Mental health for all

La santé mentale pour tous

Can't Ride? Join our monthly donor circle at: vancouver-fraser.cmhv.bc.ca



RIDE

Anytime,
Anywhere.



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all



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ECHO GOES BACK IN TIME!



Hello ECHO, I guess that I was always loved flowers since I was a small kid. As you saw in the last staff updated, I love gardening. There is not much to stay this week but keep things simple. Do the things that make you smile. If that is gardening, if that is riding your bike, running, or going for a walk. Find one thing to make you smile this week.

Lil Christine E.



Hi everyone, I am the kid in front row. From left to right me, my little brother Gary my dad and my older brother Shaun standing behind me. My oldest brother Rob was about 17 he must not have been up for the ride.

Lil Paul L.



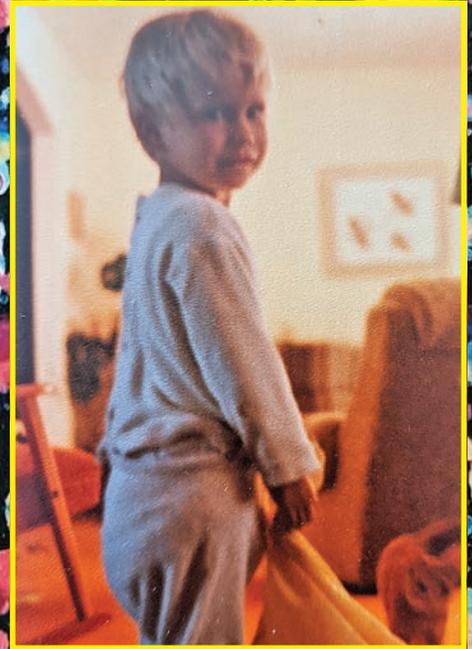
Hey Everyone! This was me as a cat for my 1st Halloween. This was a pattern for me and I would continue the animal theme for many years to come. I am slowly building up my "garden" on my balcony and finally my herbs have begun to sprout. This is extremely exciting for me since I have never grown anything from a seed nor does plants usually last beyond a week in my household. Please continue reaching out and I miss you all so very much and look forward to seeing you in person in the future!

Lil Jenn M.



Yo ECHO! I still wear the wounds of childhood and still lament its passing. I wish I could go back in time and tell that 'young punk' to do it all differently but that kind of travel has yet to happen. But this "grown-up" has a lot of growing left to do so I got to get crack'n, yet the kid in me still has his middle finger up – learning to fight harder and laughing!

Much love, stay up/
Lil Shakeel L.



Hello Everyone! Enclosed is a picture of me as a child with my biggest wellness tool at that time – my blankie. Although the time for me to retire my blankie has long since passed, I still find it important to surround myself with things that are soft and comforting. For me, that is often my fluffy dog or the many fur pillows and blankets in my place. I encourage you to have something you can turn to for comfort – especially in these challenging times – whether it be a soft blanket, a comfy sweatshirt or your favorite stuffed animal. Snuggle up my friends!

Lil Sylvia K.



Hi everyone, Here is a picture of me with one of my favourite things –tomatoes! My mom would always catch me crawling into the garden as a toddler and picking and eating all the tomatoes. Funny enough, my sibling's most hated food is, you guessed it, tomatoes. I am planning on putting some in my garden in the coming weeks and will hopefully share an updated photo (with all my teeth this time!) Wishing you health and happiness.

Lil Meredith C.

L O V E

I S

L O V E

YOU

GOT

THIS



