



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

IMAGINE!

ECHO PROGRAM NEWSLETTER SOCIAL DISTANCING (CONNECT)ING EDITION



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Dear ECHO members, partners, & communities,

Winds of change, sun and rain, we sometimes struggle yet somehow sustain. Sometimes it would seem the world is moving so fast, and others, it feels as if time itself is stuck in quicksand where it may remain...

The ECHO program as a whole has found itself amidst stormy weather for quite sometime, yet throughout it all - you the members continue to strive and toil through all kinds of obstacles, and challenges – and continuing to prove the tenacity, resilience, and hopes of our communities.

The ECHO team has worked hard to stay connected to all of you during this Covid-era, to offer support services despite changes and new decisions being implemented every day, and to plan for not only just a resuming of services, but rather, also a reinvigorating of our entire program! We continue to be committed to try to learn from the past and move forward in the effort of further actualizing our guiding philosophies and even infuse them into the very walls, ceiling, and floors of our clubhouse spaces. We look forward to once again having you guide and drive this process!

The ECHO program is on the cusp of transitioning into in-person programming and services. ECHO welcomes its new Supervisor - Darren Quinn, along with our full staff – all looking forward to gathering together soon! Please read the newsletter further for more details, review our Email Bulletin, and keep in touch via email, phone, and Zoom.

Sincerely,
ECHO Staff Team

Newsletter Production
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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 - CV19-2 Edition
FREE

Welcome Back to the **CLUBHOUSE**

We are excited to announce that we will be opening up the clubhouse on June 8th! Things will look differently at the ECHO Clubhouse. So before we open up, we would like to have a "welcome back orientation." We will be checking in with members 1-1 and going over the new aspects and guidelines of the clubhouse.

This "welcome back orientation" will happen on June 1st, 3rd and 4th. We will have 45min slots reserved for the 1-1.

Please RSVP by calling or emailing a staff member.

We are excited to (re)connect with you, reflecting back, and growing forward

SELF-CARE + FUNNIES!

This is a bumblebee's butt. No politics, no coronavirus. Just a butt. A bumblebee's butt



On average, a Panda feeds for approximately 12 hours per day. This is the same as an adult at home under quarantine, which is why we call it a "Pandemic" 😊

Wearing masks before it was cool



Everyone is wearing masks now

Posers

AT THE TOILET ROLL SUPPORT GROUP

They just started storming in and ripping us off the shelves

Tell me about it



#stayathome #bekind #tommytoiletroll

COVID COMICS

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

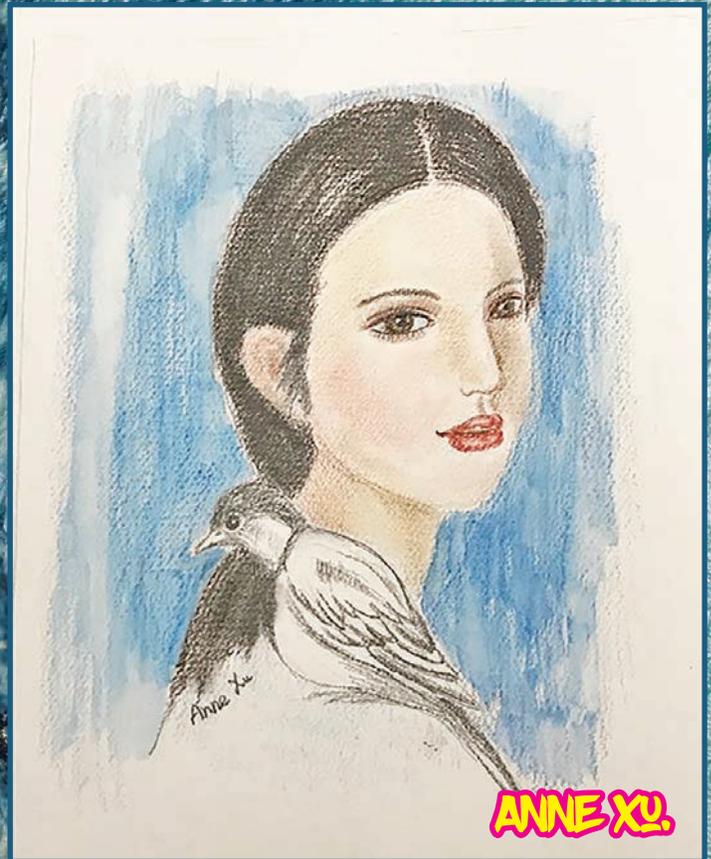
MINDSHIFT™ CBT - employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.

ECHO NALOXONE KITS - Naloxone kits are available through ECHO. Call to arrange pick-up:

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

MEMBER ART, WRITING & PHOTOGRAPHY!

"WILL IT BE FAMIN OR VIRUS
..HUNGER OR MADNESS
..THAT CONQUERS...
..OR WILL THERE BE WAVES
..OF IMMENSE
..SWELLING PROPORTIONS
..TOWARDS KINDNESS AND GENEROSITY
..<OVER> "COMING DI<<STRESS>>
..ULTIMATELY AVOIDING
..PRE-MATURE EXTINCTION
..OF ALL THAT IS
..PRECIOUS AND GOOD"
..M. L. CARMEN FORCIER
..MAY/ JUNE- - - - / 2017 /



MEMBERS MEETING!

We are having a virtual members meeting on June 4th at 1pm!

Zoom has the option to call in, so a computer is not a requirement

Please contact the clubhouse for the zoom information

MORE SELF-CARE + FUNNIES!

The moon tells the sky
The sky tells the sea
The sea tells the tide
And the tide tells me

Lemn Sissay



Man Creates "Cuddle Curtain" So His Grandma Can Hug Him While Staying Safe



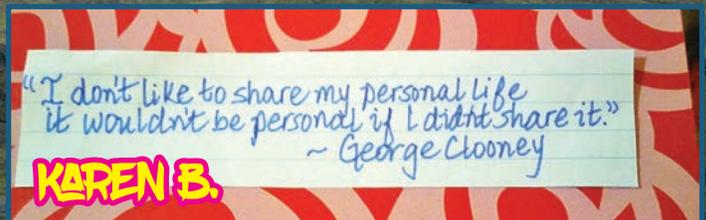
MEMBER ART, WRITING & PHOTOGRAPHY!



ANNE XU.



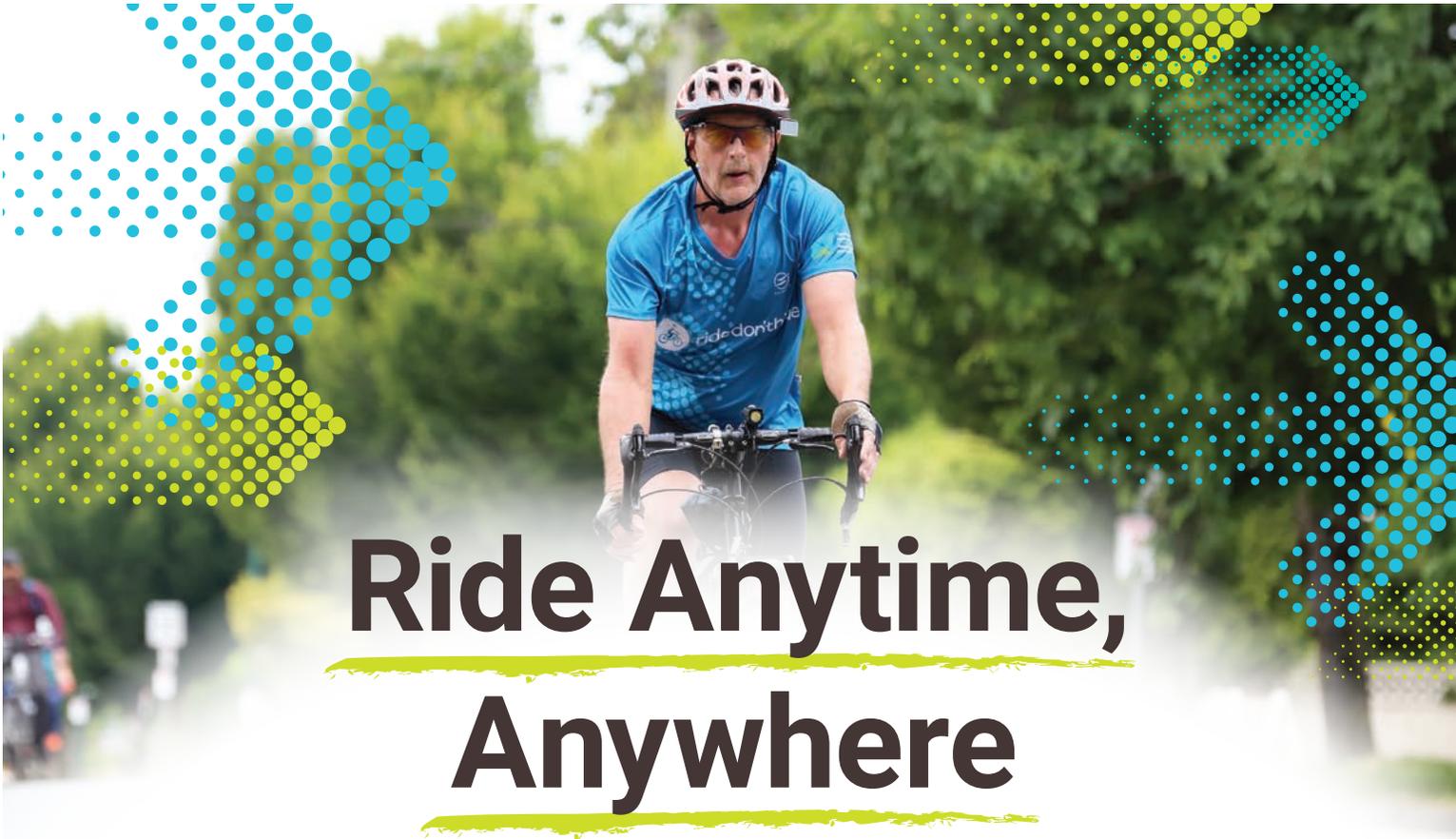
The path is the destination. Enjoy the journey.



KAREN B.

She thinks I'm always funny and we do some relate of each other. I told her that I'm somewhat like Mr. Mom & having similar of music of we share alike! Have small reminding moments in our time. Karen & dad asked me that do I like Sports? My reply was & explained it that I hate Sports but to focus on her than a game. I told them both that I love watching Movies, such as Documentaries on W.W. 2, old & new recent sets too, plus many others movies of our time that goes by from our aired of the 80's too! A lot of these & some of new releases over time as well? I also said to her that I would help her from many frightening moments & events too about/or such things-like I watch horrible Horror ones to support as an a Knight & shining Armor & being there for her to support as her best friend/husband & father in life. I care for her & in a loving way for her to thought she would love a man like me as her dream of as our memory, as this long of time & finally said it in 30 years of this day of 1984 - 2019 on hold for us to get back as we did started. I'm lost without her.

By Mark Hall



Ride Anytime, Anywhere

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



ride don't hide



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

Association canadienne
pour la santé mentale
Vancouver-Fraser
La santé mentale pour tous

FRESH AIR, PHYSICAL ACTIVITY & SOCIAL DISTANCING

From today until June 30 you can ride anytime, anywhere while physically distancing to support CMHA Vancouver Fraser's mental health programs.

REGISTER TODAY AT:

[riedonthide.com](https://www.ridedonthide.com)

CAN'T RIDE?

Join our donor circle at: vancouver-fraser.cmha.bc.ca

CONNECT WITH US

Join our Facebook Group and Strava Club and get loud with your cycling friends. Share pictures, your story and connect with other riders.



Ride Anytime, Anywhere



Ride Don't Hide





VOCATIONAL SERVICES AT ECHO

Our Vocational Coordinator - Jennifer, is taking appointments to help with applying for jobs, working on resumes/cover letters, and any other goals related to vocational. Please email or call to book an appointment.

We plan on sending bi-monthly emails regarding job postings. If you are interested in receiving these please email

Jennifer.Macdonald@cmha.bc.ca



SOCIAL
We will survive
coronavirus.
DISTANCING