



Canadian Mental  
Health Association  
Vancouver-Fraser  
*Mental health for all*

# IMAGINE!

## ECHO PROGRAM NEWSLETTER SOCIAL DISTANCING (CONNECT)ING EDITION



### **ECHO Edmonds**

Room #109-7355 Canada Way  
Burnaby, B.C. V3N4Z6  
Tel: (604) 526-9606  
Fax: (604) 526-7097

### **ECHO Gilmore**

Suite #501-4190 Lougheed Hwy.  
Burnaby, B.C. V5C6A8  
Tel: (604) 291-8846  
Fax: (604) 291-8879

### **ECHO Staff Cellphones**

Christine: 778-991-3637  
Jenn: 778-387-8485  
Sylvia: 778-986-3039  
Paul: 604-505-3902

**Dear ECHO members, partners, & communities,**

**We hope this newsletter continues to bring a lightness to your day, and a sense of connection with the staff and members at ECHO. We also hope that it gives you a laugh.**

**In the coming weeks we are hoping to connect with our members via Zoom. We want to continue with the programming that was done in the Clubhouse, but now over a virtual platform. Please keep an eye out for emails about an upcoming Members Meeting, PositiviTEA, Young Adult Lounge, and Creative Writing. We love hearing from you and we miss you all very much!**

**That being said, please feel free to call/email/text or mail staff with any contributions that you would like to see in future editions.**

**Sincerely,  
ECHO Staff Team**

**Newsletter Production**

Shakeel L. (Editor / Design)

Jenn M. (Writing, Design)

**Contributors to this Issue (THANK-YOU!)**

Carmen F., Alice Xu., Karen B., Jenn M., Sylvia K., Paul L., Christine E., Meredith C., Brittany B.

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**Front/Back Cover Photos**

Shakeel Lochan

**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!**

Don't just  
get loud, **#GetReal**



### CMHA Mental Health Week - Key Messages

- 1. The Canadian Mental Health Association's (CMHA) annual Mental Health Week is May 4-10, 2020.**
  - Every May, people in Canadian communities, schools, workplaces and legislatures rally around CMHA Mental Health Week.
  - First marked by CMHA in 1951, 2020 marks the 69<sup>th</sup> annual Mental Health Week.
  - Mental Health Week helps to shift societal beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health and create a culture of understanding and acceptance.
  - Mental Health Week is widely recognized on social media and in the news media and with local events like open houses and speakers' series. To respect physical distancing measures, these events will be celebrated virtually this year.
- 2. The theme of this year's Mental Health Week is social connection. Connecting with other people and our communities doesn't just feel good. It's good for our mental health.**
  - Research shows that social connection and social support are factors that protect and promote good mental health.
  - Feeling socially connected means you *feel* close and connected to others, and you don't have to be in physical proximity to nurture a sense of closeness and connection.
  - Social isolation and loneliness are bad for everyone's mental health.
- 3. It's common in our society to ask people how they are. Unfortunately, it's also common not to provide—or expect—a truthful answer.**
  - It's common in Canada to say we're fine, even when we don't really mean it.
  - Every time we just go through the motions, we miss a chance to connect with others in a meaningful way.
- 4. As we face the COVID-19 global pandemic, we need each other now more than ever. It's time to #GetReal about how we feel and lean on others for support.**
  - This Mental Health Week, let's say more than just "I'm fine." Let's have real conversations with our friends, neighbours and coworkers about how we're all really doing. We're in this together.
  - In these days of social distancing (more accurately called *physical* distancing), we are learning that we don't have to *be* close to *feel* close. We are together, even when we're apart.
  - Everyone needs emotional support at the best of times.

**I'm fine, thanks.**



What I really mean is...

#GetReal mentalhealthweek.ca

**I'm fine, thanks.**



What I really mean is...

#GetReal mentalhealthweek.ca

**I'm fine, thanks.**



What I really mean is...

#GetReal mentalhealthweek.ca

**I'm fine, thanks.**



What I really mean is...

#GetReal mentalhealthweek.ca

**What I really mean is:**



I'm not feeling like myself right now and I'm worried about my family's health and what's going on with my work and I'm really not coping and I need someone to talk to.

#GetReal mentalhealthweek.ca

**What I really mean is:**



I'm grateful for your friendship because I know I can always count on you and that means the world to me and makes me feel like I can conquer anything.

#GetReal mentalhealthweek.ca

**What I really mean is:**



I am feeling pretty positive with all the kindness pouring out of everyone and the creative ways we're taking care of one another and really it just gives me hope.

#GetReal mentalhealthweek.ca

**What I really mean is:**



I have been up all night with two little kids and I am basically running on coffee and I feel like I've been run over by a truck and I'm so tired. I can't even think straight.

#GetReal mentalhealthweek.ca

**I'm fine, thanks.**

**What I really mean is:**

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#GetReal mentalhealthweek.ca

# SELF-CARE + FUNNIES!

I FINALLY UNDERSTAND WHY DOGS GET SO EXCITED WHEN THEY SEE AN OPEN DOOR.



## Self isolation tip

it's okay if you don't feel up to:

- ♥ being productive
- ♥ starting a project
- ♥ trying something new

focus on what you want to do (and not what you think you should be doing)

mellow doodles



WHAT ARE YOU DOING?



REMINDING YOU HOW AMAZING YOU ARE.



@wawawiacomics

wawa  
wiwa

Thank God the virus can't move sideways.



WHEN DOES SEASON 2 OF 2020 START?  
I DO NOT LIKE SEASON 1.

# 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](http://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/](http://www.bc211.ca/)

Call: 2-1-1

**FOOD BANK** - expanded and Related Support Services

[foodbank.bc.ca/find-food/](http://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](http://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](http://www.heretohelp.bc.ca)

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

[www.anxietycanada.com](http://www.anxietycanada.com)

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

[bouncebackbc.ca/register/](http://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

**TAX REPORTING SUPPORT** - CMHA-VF's Peer Navigators have generously offered to expand their Tax Reporting support services to ECHO members \*(when available staff are on hand). If you would like to get connected please contact ECHO staff and we can refer you.

# MEMBER ART, WRITING & PHOTOGRAPHY!





# Thank You Volunteers!

Volunteer Appreciation week was on April 20–26. With the current situation, we weren't able to celebrate like previous years. We are hoping to have a celebration when we are all back together!

In the meantime, we would like to thank all the volunteers that helped keep ECHO running. To the Ambassadors/Member Leaders, ones who did member led outings, those who helped out with food prep, helped run programs, washed and dried dishes, helped with closing tasks, and the list goes on; thank-you for all that you do throughout the year for our community. ECHO runs on the contributions of all our volunteers and we appreciate you SO VERY MUCH!

Thank-you for being so unique and bringing your gifts and service to everyone at ECHO.



# MEMBER ART, WRITING & PHOTOGRAPHY!

## IMAGINE IF WE THOUGHT LIKE A TREE

Trees stand proud  
In all their shroud  
Their branches sway  
In the light of day

While the wind blows  
softly  
Breathing ever gently  
The sunlight dances  
Between the branches

Birds perch & speak  
To each other, & tweep  
Feel the whispering  
breeze  
That continues to tease  
All the green leaves  
And the ones in pine  
trees

How gloriously tall  
Their trunks big & small  
Lean towards each other  
Keeping distance,  
together  
From each other, they  
feed  
With riveting speed

To support all their  
brothers  
Taking care of each other  
Not one is excluded  
"All" are included

This flow of love  
That nourishes & floods  
All the beautiful woods  
The trees & the shrubs  
Insects & bugs

Imagine if we  
Thought like a tree  
Could stand just as proud  
And feed all the crowds  
Of all those who lay  
In streets night & day

While winds do bring  
The pollen & spring  
Into plants breathing  
Nourishing, granting  
All fruits to ripen  
While sunlight lightens  
Heavy rains dampen  
The leaves & the branches

And birds would be  
chirping  
In "all" of our countries  
And heard all around  
From the sky to the  
ground

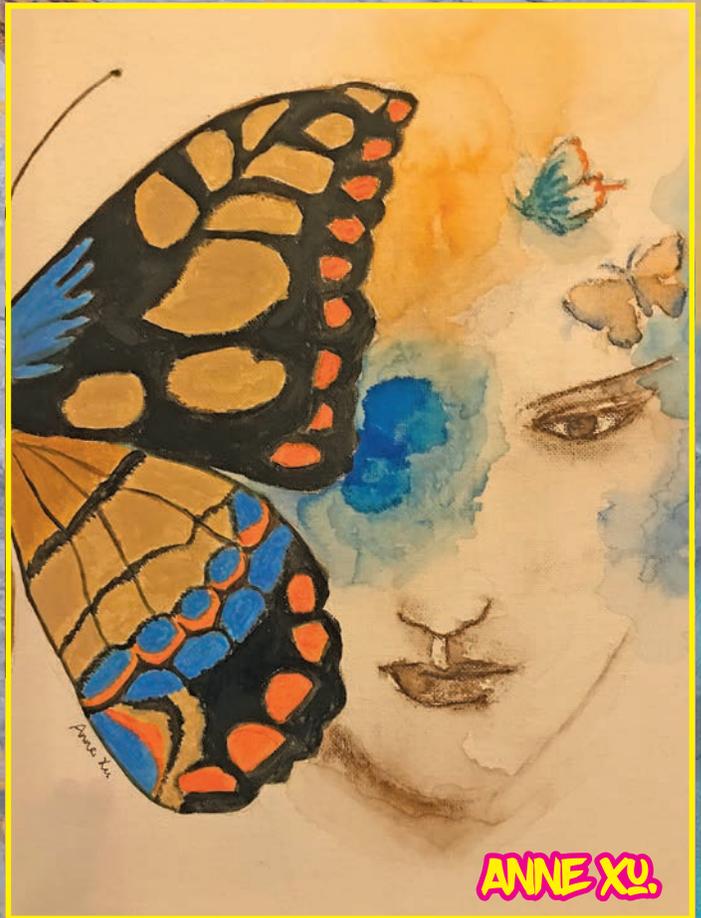
Oh! The great sounds  
Of man whispering  
"thanks"  
To the rains, river banks  
To the wind & the sun  
To the cloudy heavens  
Their flow of waters  
From which all life  
gathers

Our roots are the same  
We're all human beings  
Our reserves are all there  
Ready to share  
The very magnificence  
Of life - the essence

For the flow to feed  
We must see to the need  
Of all of our brothers  
Mothers & fathers  
Taking care of each other  
No one excluded  
"All" men included

Imagine the love  
God sends from above  
From within & beyond  
Our imagination's  
Eternal horizons

**M. L. Carmen Forcier**  
Copyright (2003)



**ANNE XU.**



**KAREN B.**

# ROUTINE CAN ANCHOR US

Routine can be an anchor. No matter what's going on in our day, knowing that we plan to eat dinner around 6 pm and go to bed around 10 pm, can be a real comfort.

The certainty of our routine can help us to manage the uncertainty that life has thrown at us (Hello COVID-19)! Coping with unpredictable periods of time can feel more doable when we have a little structure in place to refer to.

Below are some simple routines that you might consider when planning your day.



## SLEEP

Plan to go to sleep and wake up at the same time each day.

This can allow our body to get used to our sleep-wake cycle, making it easier to fall asleep each night and stay asleep.

## RISE AND SHINE

Get showered and dressed in comfortable clothes, wash your face, and brush your teeth.

Take the time to do a bath or facial. It is amazing how our dress can impact our mood.

## STAY CONNECTED

Think of ways to stay connected to others – call/text/facetime your friends and family.

Talking to others and sharing how you are feeling is important, so is asking for help when you're feeling overwhelmed

## GET MOVING

If you are comfortable, get outside. Go for a walk and stimulate your senses (vision, hearing, smell, touch); a little bit of fresh air can go a long way to boost your mood.

If you prefer to stay inside, do some squats while waiting for your food to warm up, follow a yoga/fitness video online.

***“Depending on what they are, our habits will either make us or break us. We become what we repeatedly do.”***

***Sean Covey***

## MAKE IT FUN

Carve out time in your day to do more of what you love. Watch a movie, read a book, cook a new recipe, paint a picture, listen to music, start a puzzle.

This will give you something to look forward to in your day and get excited about accomplishing.

Routine can be an anchor. No matter what's going on in our day, knowing that we plan to eat dinner around 6 pm and go to bed around 10 pm, can be a real comfort.

# MORE SELF-CARE + FUNNIES!



“It's okay to be on a bit of a rollercoaster right now. Sometimes you'll feel hopeful. Sometimes you'll feel sad. There might be a sense of grief at moments and a feeling of gratitude the next. It's okay to feel each of those feelings. No matter what anyone else is going through, your feelings are still valid. This isn't about competition. It's about compassion. For others and ourselves. So we can show up for the ride every day, a little braver. A little kinder too. Ready to face those highs and lows together. mellow doodles”

**Most useless purchase of 2019:  
A 2020 planner.**

Grocery Shopping has become a real life version of PAC-Man. Avoid everyone, get the fruit, and take any route to avoid contact.



Celebrities: "guys, we're all in this together, If I can stay home so can you."

Their home:



## What if I don't have a family doctor?

If you live in Edmonds, you can ask to have one of our doctors (or nurse practitioners) as your regular family practitioner. We will put you on a waitlist.

### Please note:

We do not have these services on-site:

- x-ray, ultrasound, medical imaging, or CT scanning
- laboratory services

We cannot offer any intravenous therapy.

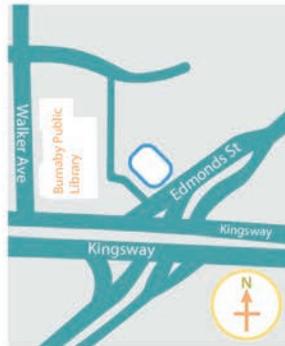
We do not have narcotics (opioids) onsite.

We will not give prescriptions for narcotics or tranquilizers (benzodiazepines).

For people who walk-in, we are not able to complete medical forms, such as for Persons with Disability (PWD) and private insurance. We need to know a person for at least three months before we can complete these types of forms.

## Where to find us:

Suite 201, 7315 Edmonds Street  
Burnaby, B.C. V3N 1A7

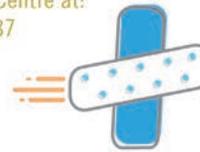


Expect us to treat you and your family with compassion, dignity, and respect, without discriminating in any way.

# EDMONDS URGENT AND PRIMARY CARE CENTRE

See website for hours:  
[fraserhealth.ca/urgentcare](http://fraserhealth.ca/urgentcare)

Contact the Centre at:  
604-519-3787



[www.fraserhealth.ca](http://www.fraserhealth.ca)  
This information does not replace the advice given to you by your healthcare provider.  
Catalogue # (Month Year) Language  
To order: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

## What is the difference?

### Urgent and Primary Care Centre is for people who:

- might normally go to a family doctor (or nurse practitioner) in their community with a health concern but can't get in to see one or don't have a family practitioner
- need medical care within 12 to 24 hours and it is not an emergency

### Examples of when to use the Urgent and Primary Care Centre:

- cough and/or colds
- cuts, wounds, or skin conditions
- infections such as chest, ear, and bladder
- prescription refills – **except not** for narcotics or benzodiazepines
- mild back pain
- sprains and strains
- fever
- nausea, diarrhea, constipation

### Emergency Department is for people who:

- are experiencing a health crisis or have a serious illness or injury
- need medical care right away

### Examples of when to use the Emergency Department:

- chest pain
- trouble breathing or short of breath
- any kind of bleeding that does not stop
- suspected stroke
- overdose or poisoning
- mental health crisis
- broken bones/dislocated joints
- new prescriptions for antidepressants, anti-anxiety, or anti-psychotic medicines

### Not sure where to go? 8-1-1

- Speak with a nurse anytime of the day or night.
- Speak with a pharmacist from 5:00 p.m. to 9:00 a.m. every night of the week.

HealthLinkBC is available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

### Call the Urgent and Primary Care Centre if you have any questions

- 236-332-6497 (10:00 a.m. - 9:00 p.m., 7 days a week)

## What services does the Urgent and Primary Care Centre offer?

We offer a team-based approach tailored to your specific need for care. You see the healthcare provider who can best support your health care needs. This might include referring you to other resources in the community.

### Our care team includes:

- doctors and nurse practitioners
- registered nurses
- clinical counsellors
- social workers
- pharmacists

For people with mental health concerns, we can offer short-term counselling (three to six sessions) to help you create goals and make a plan to work through issues.

### Do I need an appointment?

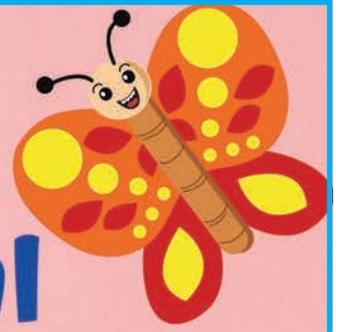
We see people in two ways:

1. on a walk-in basis for urgent care
2. by appointment

People get appointments if:

- They have a family practitioner in the Centre, or
- They walked-in close to closing time and we had a number of people already waiting so we gave them an appointment for the next day.

# Wake Up Your Wellness: Virtual Edition



**The month of May will be Wake Up Your Wellness month! Staff will be working with you over email, the phone or even on Zoom!**

The purpose of having these discussions and forms is to best support all ECHO members during their time with us! If you already have goals with other people in your life (casemanager, doctor, counsellor, etc.) please bring that goal up during the meeting, so we can help support you in the best way we can!

Staff will be contacting members in the next week to make an appointment. You can also call the clubhouse for information

# ECHO STAFF TEAM MESSAGES!



Hello ECHO Members!  
I have been planting flowers in my back yard. I enjoy planting them but most importantly I enjoy taking photos and sharing the photos with my friends and family.

My wellness tip is explore taking photos in your neighborhood of things you see. You can take a photo of a flower, a bird or a tree. It really doesn't matter it is what you see as being interesting we would love to see your photos.

**Christine E.**



Hi everyone!  
Since the COVID-19 physical distancing took place I have been spending a lot of time with my family, doing only the bare minimum walking my dog 1-2 times daily averaging a bike ride every 4-5 days, working, shopping for groceries and fulfilling medical appointments mostly by phone.

**Paul L.**



Hey there!  
As many of you know, last month I picked up my little Corgi pup Nigel. Over the past month my days have consisted of work and playing with him. We have been working on sit, stay, shake a paw and now we are working on walking (he despises this currently and is only motivated by cooked chicken or chasing pigeons, but who isn't?). I have also taken up "gardening" but that hasn't gone over well since one of my plants died in the first week, not everyone can have a green thumb! I also tried planting herbs indoors and even though it has been almost 4 weeks, I am still hopeful for those seeds to start sprouting! I miss everyone and look forward to seeing a lot of faces over zoom!

**Jenn M.**



Yo ECHO!  
Along with working on IMAGINE, I've been getting up & running at Vancouver Coastal Health's West End Mental Health Team - as the new IPS Supported Employment staff! I'm anxious but resolute, and trying to give it my best shot! Aside from work, I'm trying to stay on top of exercise, hiking, revisiting the 90's via watching old seasons of X-files, and as always...pondering the ambiguities of life! Feel free to call the clubhouse to chat, or fire off an email. I'd love to hear from you, and also look forward to facilitating programming over Zoom (and in-person one day soon)!

**Shakeel L.**



Hello Everyone!  
Enclosed is a picture of me during a recent Zoom chat with a bunch of my good friends who live across the country. One of the ways that I have found integral to stay well during this time, is to stay connected even though it may look different that how you connected before the pandemic. I encourage you to reach out to others - whether it be through calls, texts, emails, letters and digital platforms such as Zoom. We need connection - even now more so - and look forward to connecting with you over Zoom in the coming weeks.

**Sylvia K.**



Hello lovely members! You may not know this, but in addition to working at ECHO, I also hold the self-appointed title - Sergeant of Slug Patrol. It has come to my attention that every night, an army of slimy little creatures terrorize my vegetable garden. To combat this, I have a couple defences - cups of beer all over my yard (which slugs apparently love), vinegar spray, and my personal favourite - patrolling my garden with chopsticks and removing slugs three times a day. Last night I got around 30. It is unconventional, but this has turned into a wellness tool for me! While looking for slugs, it is impossible for me to think or worry about anything else, and find myself totally immersed in my task. Wish me luck as I wage war on the slugs, I am definitely outnumbered.

**Meredith C.**



# ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have."



Do What You Can" ~ Arthur Ashe



**4** Focus on what you can do rather than what you can't do

**5** Send friends a photo of a time you all enjoyed together

**6** Take a step towards one of your life goals, however small

**7** Let someone you love know how much they mean to you

**11** What are your most important values? Use them today

**12** Be grateful for the little things, even in difficult times

**13** Today do something to care for the natural world

**14** Show your gratitude to people who are helping to make things better

**15** Find out about the values and traditions of another culture

**16** Look around you and notice five things you find meaningful

**17** Take a positive action to help in your local community

**18** Hand-write a note to someone you love and send them a photo of it

**19** Find a way to craft what you are doing to give it more meaning

**20** Reflect on what makes you feel really valued and appreciated

**21** Share photos of 3 things you find meaningful or memorable

**22** Ask a loved one or colleague what matters most to them and why

**23** Share an inspiring quote with others to give them a boost

**24** Do something special today and revisit it in your memory tonight

**25** Give your time to help a project or charity you care about

**26** Recall three things you've done that you are really proud of

**27** Today link your decisions and choices to your purpose in life

**28** Tell someone about an event in your life that was really meaningful

**29** Think about how your actions make a difference for others

**30** Find three good reasons to be hopeful about the future

**31** Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



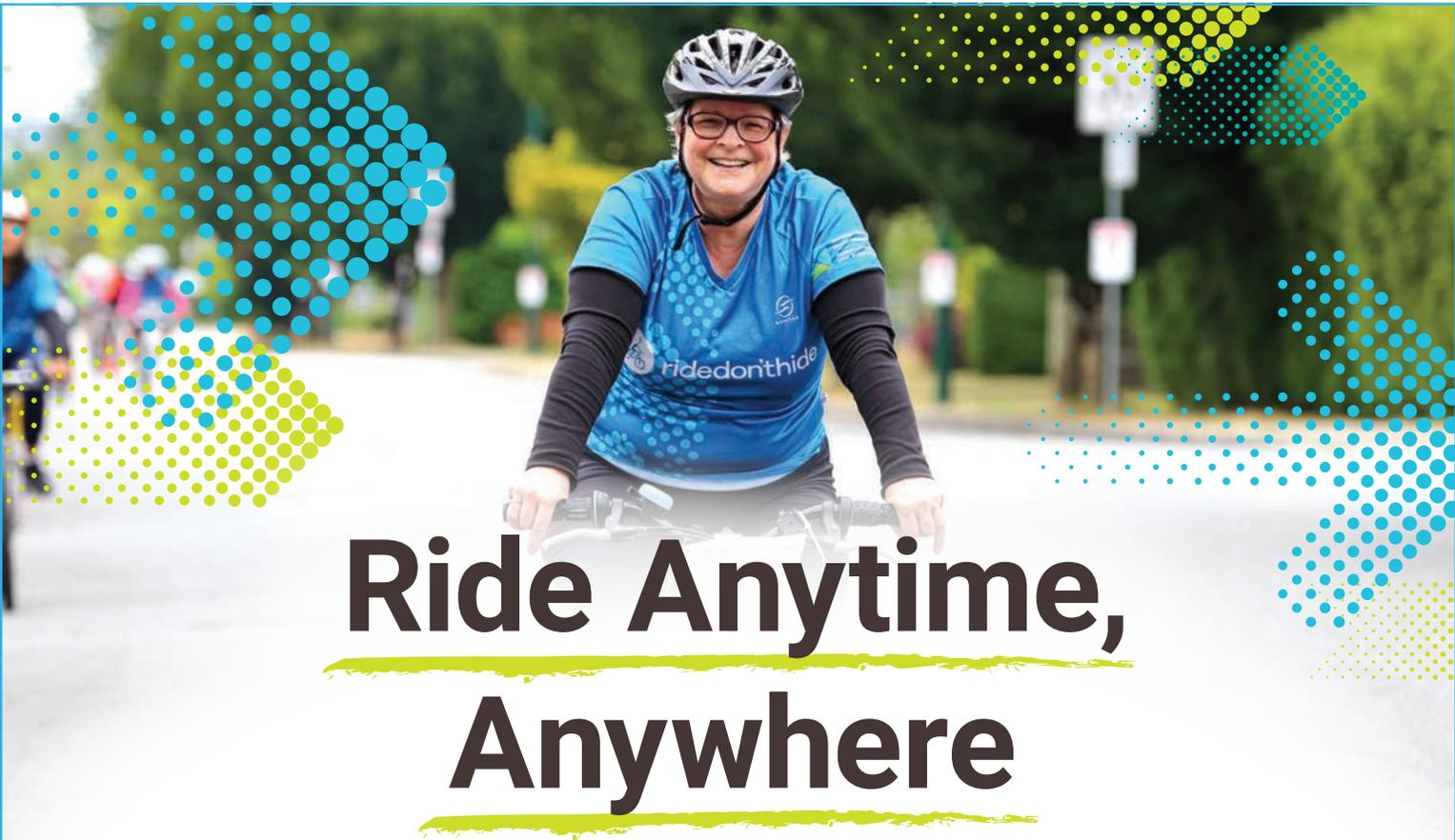
[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

A close-up photograph of a person's hand holding a small, white, rectangular piece of paper. The hand is positioned on the left side of the frame, with the thumb and index finger gripping the bottom edge of the paper. The person is wearing a dark red, ribbed sweater. The background is a soft, out-of-focus green, suggesting foliage or trees. The text on the paper is written in a simple, black, handwritten font.

You  
Are  
Beautiful



# 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](https://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





BE THE REASON  
SOMEONE SMILES TODAY!

A hand-painted wooden sign is attached to a tree trunk. The sign is made of a piece of weathered wood with a white-painted center. The text "BE THE REASON" is on the top line and "SOMEONE SMILES TODAY!" is on the bottom line, both in green, hand-painted capital letters. The sign is decorated with colorful paint: a red line with blue and white dots above the text, and a red line with blue and white dots below the text. There are also some purple and blue paint splatters on the left side of the sign. The sign is secured to the tree trunk with a thin wire. The background is a dense forest of green foliage.