

DIRECTORY

2005

of

FAMILY EDUCATION

AND

SUPPORT GROUPS

in

MENTAL HEALTH

for the

GREATER VANCOUVER

REGION

8th Edition
February 2005

ELECTRONIC COPY (MSWord)

The purpose of this booklet is to provide family members, primary care physicians and mental health professionals with a comprehensive list of educational and support groups for family members who have a loved one with a chronic, major mental illness (schizophrenia, bipolar and major depression). This booklet is published yearly.

To obtain copies of this Directory or to comment on the content of this booklet, please contact

Otto Lim, Project Lead

Family Support & Involvement
Vancouver Coastal Health
#200 – 520 West 6th Avenue
Vancouver, BC V5Z 4H5
Phone 604-874-7626
Fax 604-874-7661
Otto.Lim@vch.ca

Carolina Romero, Regional Coordinator

Vancouver / Richmond BC Schizophrenia Society
#201 - 6011 Westminster Highway
Richmond, BC V7C 4V4
Phone 604-270-7841
Fax 604-270-9861
cromero@bcss.org

This is a joint project of
BC Schizophrenia Society
and
Vancouver Coastal Health
Vancouver Community Mental Health Services



8th Edition,
February 2005

Table of Contents

	Page
Vancouver	
Vancouver Community Mental Health Teams	
Northeast Mental Health Team	
- Cantonese Families Mutual Sharing and Support Group	... 6
- Cantonese Family Early Intervention Support Group	... 7
- Satellite Support Group for Cantonese Speaking Family Members	... 8
- Mandarin Families Mutual Sharing and Support Group	... 9
South Mental Health Team	
- Monthly Support Group for Families and Friends of Persons with Schizophrenia	... 10
West End Mental Health Team <i>(and co-sponsored with St. Paul's Hospital)</i>	
- Family Education and Support Group	... 11
West Side Mental Health Team	
- Family Education and Support Group	... 12
Grandview Woodlands Mental Health Team	
- Family Education and Support Group	... 13
BC Schizophrenia Society	
Vancouver/Richmond Branch	
- BCSS Family Education Group	... 14
- NAMI/BCSS Family-to-Family Education Program	... 15
Canadian Mental Health Association (CMHA)	

Vancouver/Burnaby Branch	
- Mental Health Education Series	... 16
Early Psychosis Intervention Program (EPI)	
Vancouver/Richmond EPI and Schizophrenia Rehabilitation Day Program (UBC Hospital)	
- Family Education and Support Group	... 17
Burnaby	
BC Schizophrenia Society	
Burnaby Branch	
- Burnaby Family Support Group and Educational Meeting	... 18
Burnaby Branch and Burnaby Mental Health Services	
- Schizophrenia Education Course	... 19
Coquitlam	
BC Schizophrenia Society	
Coquitlam Branch	
- Family Support, Advocacy and Education	... 20

Table of Contents

	Page
Riverview Hospital	
Family Resource Centre	
- Sharing and Caring Group for Family Members	... 21
- Educational Sessions	... 22
- Family Advocacy Group	... 23
- Orientation Group	... 24
Delta	
Canadian Mental Health Association (CMHA)	
Delta Branch	
- Delta Family Support Group	... 25
Langley	
BC Schizophrenia Society	
Langley Branch	
- Langley Branch Family to Family Support Group	... 26
Langley Branch and Langley Memorial Hospital	
- Langley Memorial Hospital Family Education	... 27
New Westminster	
BC Schizophrenia Society	

New Westminster Branch

- New Westminster Branch Family Support Group

... 28

North Shore

BC Schizophrenia Society

North Shore Branch

- North Shore Family Support Group

... 29

North Shore Community Psychiatric Services

North Shore Family Support Group

... 30

Richmond

Canadian Mental Health Association (CMHA)

Richmond Branch and Richmond Health Services

- Richmond BCSS/NAMI Family-to-Family Education Group

... 31

Richmond Health Services

- Richmond Family Member Support Group

... 32

South Surrey/White Rock

BC Schizophrenia Society

Peach Arch Hospital, White Rock/South Surrey Mental Health Center

- Family Support and Education Nights

... 33

- Family Support Group in Tandem with Business Meeting

... 34

Table of Contents

Page

Surrey

BC Schizophrenia Society

Surrey Memorial Hospital and Central Mental Health Centre

- Family Support Program	... 35
Tri-Cities Mental Health Centre	
- Education Group for Relatives of the Persistently Mentally Ill	... 36
Lower Mainland Mood Disorders Association of British Columbia (MDABC) <i>Building on Family Strength</i>	... 37
Telephone Resources listing	... 38
Internet Resources listing	... 39

Cantonese Families Mutual Sharing and Support Group

Sponsored by the Northeast Mental Health Team and the Multicultural Liaison Program of Vancouver Community Mental Health Services

Purpose

- To provide education on mental illness and information about other supporting services
- To provide a safe and supportive milieu for members to ventilate, to share and to learn from each other

Members

Cantonese speaking family members and principal caregivers of persons with a mental illness and mental health consumers

When

Second Wednesday evening of each month from 7:00 p.m. - 9:00 p.m.

Where

Northeast Mental Health Team
2610 Victoria Drive, Vancouver

Expectations for Members

- Members are expected to be receptive to expanding their knowledge of mental illness and treatments
- Members should maintain the confidentiality of the information they acquire about the situations of other members
- Members are encouraged to speak with each other directly both during and after meetings
- Members are notified of upcoming meetings
- There is no cost

How to Start

Phone Sophia Woo at 604-251-2264 or Raymond Li at 604-253-5353

Cantonese Family Early Intervention Support Group

Sponsored by the Northeast Mental Health Team and the Multicultural Liaison Program of Vancouver Community Mental Health Services

Purpose

- To provide a safe and supportive milieu for ventilation of the pain and anxiety of primary caregivers of someone who is psychotic
- To allow ample opportunities for discussion of a loved one's developmental challenges, to share and to formulate management and coping strategies
- To provide a better understanding of mental health and the mental health system by facilitating access to information and resources
- To maximize empowerment by encouraging participants to set agenda including choosing topics for discussion and for speakers

Members

Primary caregivers (parents, adult siblings) of persons with a first episode of psychosis (including a provisional diagnosis) which may or may not be compounded by developmental issues. Caregivers only. Basic English is an asset.

When

Third Wednesday of each month from 7:00 p.m. - 9:00 p.m.
(In future may be changed to daytime hours)

Where

Northeast Mental Health Team
2610 Victoria Drive, Vancouver

Expectations for Members

- An interest in reviewing and/or accessing literatures, video and websites and in discussing the applicability of these materials to their own specific situation
- Cantonese is the choice of language; understanding of some English would be an asset

How to Start

Phone Sophia Woo at 604-251-2264 or Raymond Li at 604-253-5353

Satellite Support Group for Cantonese Speaking Family Members

Sponsored by the Northeast Mental Health Team and the Multicultural Liaison Program of Vancouver Community Mental Health Services

Purpose

- To assist Cantonese speaking family members in acquiring coping skills, advocacy skills and problem solving techniques in a confidential atmosphere
- To provide Cantonese speaking family members with an opportunity to take an active participating role

Members

Cantonese speaking family members and principal caregivers of persons with a mental illness

When

Group members determine meeting dates, usually the fourth Wednesday of each month from 7:00 p.m. - 9:00 p.m. Phone ahead to confirm meeting dates.

Where

Northeast Mental Health Team
2610 Victoria Drive, Vancouver

Expectations for Members

- It is recommended that family members attend the Cantonese Families Mutual Sharing and Support Group before attending this support group
- Members are expected to contact each other to set the agenda and co-facilitate the meetings

How to Start

Phone Raymond Li at 604-253-5353 or Sophia Woo at 604-251-2264

Mandarin Families Mutual Sharing and Support Group

Sponsored by the Northeast Mental Health Team and the Multicultural Liaison Program of Vancouver Community Mental Health Services

Purpose

- To provide education on mental illness and information about other supporting services
- To provide a safe and supportive milieu for members to ventilate, to share with each other and to learn from each other

Members

Mandarin speaking family members and principal caregivers of persons with a mental illness

When

First Wednesday of each month from 7:00 p.m. - 9:00 p.m.

Where

Northeast Mental Health Team
2610 Victoria Drive, Vancouver

Expectations for Members

- Members are expected to be receptive to expanding their knowledge of mental illness and treatments
- They should maintain the confidentiality of the information that they acquire about the situations of other members
- Members are encouraged to speak with each other directly both during and after meetings
- Members are notified of upcoming meetings
- There is no cost

How to Start

Phone Liya Liu at 604-253-5353 or Sophia Woo at 604-251-2264

Monthly Support Group for Families and Friends of Persons with Schizophrenia

Sponsored by the South Mental Health Team of Vancouver Community Mental Health Services

Purpose

To provide ongoing monthly support and education

Members

Families and friends of individuals with schizophrenia or another psychotic disorder who live in South Vancouver, whether or not their family member is treated at the South Team

When

Third Wednesday of each month from 5:30 p.m. - 7:30 p.m.

Where

Suite 220, South Mental Health Team
1200 West 73rd Avenue (west wing of the Airport Square building), Vancouver

Expectations for Members

- To provide an opportunity to gain support by sharing situations/problems related to the care of a family member or significant other
- There is no cost
- Group participants are telephoned prior to every group

How to Start

Phone Rajpal Singh or Miranda Wong at the South Mental Health Team at 604-266-6124

West End Family Education and Support Group

Co-Sponsored by the West End Mental Health Team and St. Paul's Hospital

Purpose

- To provide education and support to families and friends living in the West End Community
- To share ideas about how best to cope with the mental illness of a loved one
- To learn about relevant community resources

Members

Family members and friends of those who have a mental illness

When

First Wednesday of every month from 7:00 p.m - 8:30 p.m.

Where

West End Mental Health Team
1555 Robson Street, Vancouver

Expectations for Members

- To identify topics of interest
- To share information to suit your comfort level
- To learn more about how to cope with the mental illness of a loved one

How to Start

Phone Judith Grant at 604-687-7994 or Chris Whyte at 604-806-9080

West Side Team Family Education and Support Group

Sponsored by the West Side Mental Health Team of Vancouver Community Mental Health Services

Purpose

- To offer information about mental illness
- To provide a supportive forum for family members to meet with each other
- To share ideas about coping with the illness of a loved one
- To provide information on relevant community resources

Members

Family member of both clients and non-clients who attend (or who may attend the West Side Team

When

Third Thursday of every month from 5:30 p.m. - 7:30 p.m.

Where

Suite 200, West Side Team
4088 Cambie Street, Vancouver
(underground parking available)

Expectations for Members

- To identify topics you want to hear more about
- To participate at the level you are comfortable with
- Please call ahead of time to ensure there have been no changes to the schedule

How to Start

Phone Ann Webborn or Joan White at 604-873-6733

Grandview-Woodlands Family Education and Support Group

Sponsored by the Grandview-Woodlands Mental Health Team of Vancouver Community Mental Health Services

Purpose

- To provide information on major mental illnesses, treatment modalities, symptom management and medications
- To provide information on a variety of topics pertaining to the mental health system and support services
- To provide an opportunity to share experiences and to gain support from others

Members

- Priority is given to family members, significant others and identified support persons of Grandview-Woodlands Team's clients
- Additional spots are given to those who live in the Grandview-Woodlands area

When

Please call for more information

Where

3rd Floor, Grandview-Woodlands Mental Health Team
2250 Commercial Drive (east side of the street at 7th Avenue), Vancouver

Expectations for Members

- There is no cost
- Refreshments are served

How to Start

Please call Stephan Bunton or Shelagh Smith at 604-251-2264 for information

BCSS Family Education Group

Sponsored by the Vancouver/Richmond Branch of the BC Schizophrenia Society

Purpose

- To provide education via guest speakers to families and friends of those who suffer from schizophrenia and other mental illnesses
- To increase public awareness and understanding of schizophrenia

Members

Families and friends who have a loved one suffering from schizophrenia or a related illness

When

First Monday of each month from 6:30 p.m. - 9:00 p.m.

Where

BC Schizophrenia Society Vancouver/Richmond Branch office

250 Kingsway, Vancouver

(Corner of 11th and Kingsway)

Parking available at the back of the building near entrance

Expectations for Members

- Refreshments are served
- Confidentiality is protected
- Caring, sharing and learning take place

How to Start

Phone Carolina Romero at 604-247-1884 or email at cromero@bcss.org

Vancouver/Richmond NAMI/BCSS Family-to-Family Education Program

Sponsored by the BC Schizophrenia Society Vancouver/Richmond Branch

Purpose

- To educate families and friends of persons suffering from a major mental illness
- To increase understanding of mental illness, including schizophrenia, bipolar and major depression
- To exchange knowledge, build support networks and develop new coping strategies
- To provide the opportunity for families to come together in a safe, caring and sharing environment

Members

Program is open to families and friends, who have a loved one suffering from schizophrenia, bipolar disorder, chronic depression or any other serious mental illness

When

Tuesdays, Wednesdays or Thursdays from 6:30 p.m. - 9:00 p.m. Multiple courses are offered throughout the year. Please telephone to find out the various start dates for Vancouver and Richmond.

Where

BC Schizophrenia Society Vancouver/Richmond Branch office
250 Kingsway, Vancouver (Corner of 11th and Kingsway)

Parking available at the back of the building near entrance. Please ring buzzer

Expectations for Members

- Pre-registration is required
- Attendance at all classes is expected
- Strict observation of confidentiality
- Refreshments served

How to Start

Phone Carolina Romero at 604-247-1884 or email at cromero@bcss.org

Mental Health Education Series

Sponsored by the Vancouver-Burnaby Branch of the Canadian Mental Health Association

Purpose

- To provide an overview of mood disorders, schizophrenia, myths and stigmas surrounding mental illness as well as helpful communication and intervention strategies.
- To deliver each session of the series through a mental health professional and a person who shares his/her personal experience with mental illness.

Members

Open to everyone

When & Where

Please visit website for latest information regarding dates, time and location.

www.cmhavb.bc.ca

Expectations for Members

- Advance registration is required
- There is a sliding scale fee: \$10, \$5 for the under-employed, subsidies available
- A certificate is presented for full series attendance

How to Start

Phone Grace at CMHA Vancouver Branch at 604-872-4902

Family Education and Support Group

Sponsored by the Vancouver/Richmond Early Psychosis Intervention Program (EPI) and the Schizophrenia Rehabilitation Day Program (SRDP) of UBC Hospital

Purpose

- Group run by professional staff from UBC Hospital and Early Psychosis Intervention program
- To provide information on psychosis: symptoms, causes, long-term outcome, treatment, managing at home etc.
- To share with and learn from other family members

Members

Family members of people recovering from a first episode of a psychotic illness who live in Vancouver or Richmond

When

Group meets for 8 weekly meetings (day to be announced) 6:00 p.m. – 8:00 p.m.
Members are encouraged to attend all 8 meetings
Group is offered 3 times a year: Fall, Winter, Spring

Where

Place to be announced, please contact group leaders for more information

Expectations of Members

- Pre-registration is required
- As this is a closed group, attendance to all groups is expected
- Refreshments provided
- No cost
- Maintain confidentiality of other group members

How to Start

Phone Miriam Cohen at the Early Psychosis Program at 604-215-3587
or Schizophrenia Rehabilitation Day Program at UBC Hospital 604-822-7125

EPI Website: www.hopevancouver.com

Burnaby Family Support Group and Educational Meeting

Sponsored by the Burnaby Branch of the BC Schizophrenia Society

Purpose

- To provide emotional support and understanding to families and friends of those who suffer from schizophrenia and other mental illnesses
- To increase public awareness and understanding of schizophrenia

Members

Families and friends taking care of a loved one who suffers from schizophrenia or a related illness

When

Third Monday of each month from 7:00 p.m. - 9:00 p.m.

Where

Phone Dave Dickinson at 604-523-1072

Expectations for Members

- Refreshments are served
- Confidentiality is protected
- Caring and sharing take place

How to Start

Phone Dave Dickinson at 604-523-1072

Schizophrenia Education Course

Sponsored by the Burnaby Branch of the BC Schizophrenia Society and Burnaby Mental Health Services

Purpose

To educate family members on the treatment, compliance, symptoms, outcomes and issues of schizophrenia and related illnesses

Members

- Any family member and friend of a person with schizophrenia or a related illness
- There is no restriction on residency but priority to Burnaby and New Westminister residents

When

Twice a year (Fall and Spring) for seven consecutive evenings from 7:00 p.m. - 9:00 p.m.

Where

One course is held in New Westminister and the other in Burnaby. Phone Dave Dickinson for details at 604-523-1072.

Expectations for Members

- Registration is required
- Regular attendance at classes is expected
- A minimum of eight participants (maximum 16) is needed
- There is no cost

How to Start

Phone Dave Dickinson at 604-523-1072.

Family Support, Advocacy and Education

Sponsored by the Coquitlam Branch of the BC Schizophrenia Society

Purpose

- To provide emotional support and understanding to family members of those suffering from a mental illness
- To increase public awareness and compassion for those afflicted with the illness
- To provide educational information to members relating to treatment options and issues concerning the mental health system

Members

Parents, spouses, siblings, relatives, adult children and friends of persons who have a mental illness

When

Second Monday of each month with some break during the summer. If meeting date falls on a civic holiday, then the group will meet the previous Monday (i.e. first Monday of the month)

Where

McGee Room, Coquitlam Recreation Center
630 Poirier Street, Coquitlam

Expectations for Members

- Caring and sharing with others with those who have experienced challenges of coping with a mental illness
- Receive hope, comfort, reassurance, friendship and social support
- Confidentiality is respected

How to Start

Phone Julia Barr at 604-813-1034

Sharing and Caring Group for Family Members

Sponsored by the Family Resource Centre of Riverview Hospital

Purpose

To offer mutual support

Members

Any family members as well as friends of a person with a mental illness

When

First Wednesday of each month from 1:30 p.m. - 3:00 p.m.

Where

2/F Lounge, The Family Resource Centre
Henry Esson Young Building, Riverview Hospital
Coquitlam

Expectations for Members

This is an ongoing support group

How to Start

Phone Peggy Chan, Coordinator of the Family Resource Centre, at 604-524-7651

Educational Sessions

Sponsored by the Family Resource Centre of Riverview Hospital

Purpose

This eight-week educational series is designed for families and friends who want to learn more about mental illness.

Topics generally include:

Introduction to Mental Illness and its Causes
Common Side Effects of Psychotropic Medication
Communication with the Mentally Ill Family Member
Psychosocial Rehabilitation
Consent for Treatment Issues
Family Strategies to Manage Stress
Family Support Networking

Guest speakers will be invited.

Members

Any family members and friends of a person who has a major mental illness

When

Twice a year (Fall and Spring)

Where

2/F Lounge, Family Resource Centre
Henry Esson Young Building, Riverview Hospital, Coquitlam

Expectations for Members

- Pre-registration is preferred but not required
- There is no cost

How to Start

Phone Peggy Chan, Coordinator of the Family Resource Centre, at 604-524-7651

Family Advocacy Group

Sponsored by the Family Resource Centre of Riverview Hospital

Purpose

- To work to ensure the best quality of care and treatment for all patients of Riverview Hospital before and after discharge
- To advocate for concerns
- To offer an opportunity for caring and sharing

Members

Any family member who is interested in advocacy work for the people of Riverview Hospital

When

First Thursday of each month from 1:00 p.m. - 2:30 p.m.

Where

Henry Esson Young Building
Riverview Hospital, Coquitlam

Expectations for Members

- It is recommended that members have attended the Orientation Group
- Pre-registration is preferred but not required
- There is no cost

How to Start

Phone Peggy Chan, Coordinator of the Family Resource Centre, at 604-524-7651

Orientation Group

Sponsored by the Family Resource Centre of Riverview Hospital

Purpose

To familiarize families with Riverview Hospital's programs and services

Members

Any family members and friends of a person who is a patient at Riverview Hospital

When

Second Tuesday of each month from 10:00 a.m. - 11:30 a.m.,
and fourth Wednesday of each month from 1:30 p.m. - 3:00 p.m.

Where

2/F Lounge, Family Resource Centre
Henry Esson Young Building, Riverview Hospital, Coquitlam

Expectations for Members

- Pre-registration is preferred but not required
- Families may come and join in on any one of the sessions
- There is no cost

How to Start

Phone Peggy Chan, Coordinator of the Family Resource Centre, at 604-524-7651

Delta Family Support Group

Sponsored by the Delta Branch of the Canadian Mental Health Association

Purpose

To prevent the isolation of family members or friends who know or support a person with a mental illness

Members

Any person trying to cope or manage with a family member or friend who has experienced mood swings, depression, anxiety, schizophrenia or other mental illness

When

First Wednesday of each month from 7:00 p.m. - 9:00 p.m.

Where

Unit 14, CMHA Delta Branch
1835 56th Street, Delta

Expectations for Members

- "Sharing and Caring" in conjunction with educational information on any mental illness
- There is no cost
- There is no time limit
- No need to pre-register, first time members are encouraged to call to confirm meeting

How to Start

Phone the CMHA Delta Branch at 604-943-1878

Langley Branch Family Support Group

Sponsored by the Langley Branch of the BC Schizophrenia Society

Purpose

- To provide education and support for family members living with serious and persistent mental illness
- All adult family members welcome

Members

- Family members who have a loved one with a mental illness
- This course is not open to consumers

When

First Monday of each month from 7:00 p.m. - 9:00 p.m. No meetings in July and August

Where

Langley Stepping Stone Clubhouse
20101 Michaud Crescent, Langley

Expectations for Members

Come willing to participate

How to Start

Phone Carole at 604-532-0080

Langley Memorial Hospital Family Education

Sponsored by the Langley Memorial Hospital and the Langley Branch of the BC Schizophrenia Society

Purpose

- To alleviate the stresses associated with care giving for a mentally ill loved one
- To provide educational material to family members on all types of mental illness
- To provide contacts to appropriate service providers in the community

Members

- The family of people who have been admitted to the Psychiatry Department of the Langley Memorial Hospital
- Other referrals are accepted from mental health professionals
- Any family member is welcome

When

Second and fourth Wednesday of each month from 7:00 p.m. - 8:30 p.m.

Where

Marion Ward Pavilion, Langley Memorial Hospital
22051 Fraser Highway, Langley

Expectations for Members

There is no cost to attend these groups

How to Start

Phone Glenda at 604-530-5668 or Wendy at 604-534-7757

New Westminster Branch Family Support Group

Sponsored by the New Westminster Branch of the BC Schizophrenia Society

Purpose

- To educate families
- To offer support to these families

Members

Anyone who has a family member or a friend who has schizophrenia; anyone who has schizophrenia is welcome to attend

When

Second Thursday of each month from 7:00 p.m. - 9:00 p.m. from September to June

Where

2nd Floor, New Westminster Mental Health Centre
403 6th Street, New Westminster

Expectations for Members

- Confidentiality
- Sharing and caring
- Ongoing group
- There is no cost

How to Start

Phone Dave Dickinson at 604-523-1072

North Shore

North Shore Family Support Group

Sponsored by the North Shore Branch of the BC Schizophrenia Society

Purpose

- To offer peer support from family members
- To provide information about the illness
- To share coping strategies and information about available local services

Members

Any family member or close friend of those afflicted with schizophrenia or another severe mental illness

When

Usually Third Wednesday of each month from 7:30 p.m. - 9:30 p.m.
Please call 604-926-0856 to confirm

Where

North Shore Family Support Center
Suite 205-1865 Marine Drive, West Vancouver

Expectations for Members

- There is no cost.

How to Start

Phone North Shore Family Support Center Office at 604-926-0856

Family Support Group

Sponsored by the North Shore Community Psychiatric Services

Purpose

- To provide support through the sharing of ideas and experiences.
- Informal group offering participation and support.

Members

Family members and friends of CPS clients

When

Tuesdays from 7:30 p.m. - 9:30 p.m.
Please call 604-926-0856 to confirm

Where

North Shore Family Support Center
1316 St. Andrews Ave, North Vancouver

Expectations for Members

- There is no cost.

How to Start

Phone North Shore Family Support Center Office at 604-926-0856

Richmond BCSS/NAMI Family-to-Family Education Program

Sponsored by the Richmond Health Services and the Richmond Branch of the Canadian Mental Health Association

For additional classes also see Vancouver/Richmond BCSS/NAMI Family-to-Family Education Program

Purpose

- To educate families and friends of persons with schizophrenia, bipolar disorder and chronic depression.
- To increase their understanding of the illness, exchange knowledge and to build support networks
- To provide opportunities for families to share their experiences with people in the same situation and to offer support with each other

Members

This educational group is open to friends and families taking care of a loved one who suffers from schizophrenia, bipolar disorder, chronic depression or other serious mental illness in the Richmond community

When

Every Tuesday evening from 7:00 p.m. - 9:30 p.m. for 12 consecutive weeks. Phone for starting date for the next session.

Where

Caring Place (phone ahead for room location)
7000 Minoru Boulevard, Richmond

Expectations for Members

- Pre-registration is required
- Attendance at all classes is expected
- Strict observation of confidentiality
- Contribute to a safe environment where family members and concerned friends can share their experiences
- Refreshments are provided

How to Start

Phone Linda Burchill at 604-279-9155

Richmond Family Member Support Group

Sponsored by the Richmond Health Services

Purpose

- To provide peer-type support
- To share information about local resources
- To offer mentoring to family members/caregivers
- To offer speakers on topics of current interest

Members

This group is open to all family members of someone who has a mental illness

When

Second Wednesday of each month from 7:00 p.m. to 9:00 p.m.

Where

“The Park Room”

(Take the North elevator to the 2nd floor, follow signs to the cafeteria)

Richmond Hospital

7000 Westminister Highway, Richmond

Expectations for Members

- Strict observation of confidentiality
- A safe place to share experiences and discuss concerns

How to Start

Phone Linda Burchill at 604-279-9155

Family Support and Education Nights

Sponsored by Peace Arch Hospital, White Rock/South Surrey Mental Health Center and the BC Schizophrenia Society

Purpose

- To share information regarding issues like treatment options, medications, course of illness, community resources etc.
- To provide support in an open and caring atmosphere
- This group is based on Ken Alexander's book 14 Principles of Understanding and Coping with a Mental Illness

Members

Anyone who has a relationship with a person who has any form of mental illness (e.g. schizophrenia, mood disorders)

When

First and third Wednesday of each month from 7:00 p.m. - 8:30 p.m.

Where

Committee Room, Peace Arch Hospital
15521 Russell Avenue, White Rock

Expectations for Members

- Share information
- Provide support to others in the group
- There is no cost to attend
- No pre-registration is required

How to Start

Phone Lisa McGauley at 604-535-4500, local 7291 or Carol Otto at 604-576-6421

Family Support Group in Tandem with Business Meeting

Sponsored by the Surrey/White Rock Branch of the BC Schizophrenia Society

Purpose

- To provide emotional support and understanding to families and friends of those who suffer from schizophrenia
- To increase public awareness and understanding of schizophrenia
- To promote research into its causes, treatment and ultimate cure
- To promote improved programs
- To raise funds to accomplish these goals

Members

- Families and friends caring for a loved one who suffers from schizophrenia
- Consumers are also welcome to attend

When

Third Monday of each month from 7:30 p.m. - 9:30 p.m. except July and August

Where

7375 144th Street, Newton

Expectations for Members

- There is no charge to attend group
- Coffee, cookies and social time close the meetings
- Everyone is welcome

How to Start

Phone Helen Connolly at 604-535-0842

Family Support Program

Sponsored by Surrey Memorial Hospital, Surrey Central Mental Health Centre and the BC Schizophrenia Society

Purpose

- To reduce worry and fear through information
- To strengthen families through emotional support
- To improve communication and links between families and mental health service providers

Members

Family and friends of persons with a mental illness, either living in the community or in hospital

When

Second and fourth Wednesday of each month from 7:00 p.m. - 8:30 p.m.

Where

Surrey Memorial Hospital
Annex
Meeting Room #2

Expectations for Members

- Respectful participation
- There is no cost
- Drop in or call ahead

How to Start

Phone Surrey Central Mental Health Centre at 604-953-4900 or phone the Social Work Department at Surrey Memorial Hospital at 604-588-3329

Education Group for Relatives of the Persistently Mentally III

Sponsored by the Tri-Cities Mental Health Centre

Purpose

- To familiarize relatives with information related to persistent mental illness
- To provide strategies for coping better with their family member

Members

Adult persons who are relatives or close friends of someone with a diagnosis of a persistent mental illness

When

To be determined

Where

Suite 1, Tri-Cities Mental Health Centre
2232 Elgin Avenue, Port Coquitlam

Expectations for Members

- To come prepared to learn and discuss material relevant to helping a person with a persistent mental illness
- There is no cost

How to Start

Phone Marilyn Haaf at the Tri-Cities Mental Health Centre at 604-777-8400

Building on Family Strength

Sponsored by the Mood Disorders Association of British Columbia (MDABC)

Purpose

- To provide an opportunity for self help groups with a caring and sharing emphasis
- To share information on educational issues
- To attain fellowship with each other in our daily lives

Members

Anyone with depression or manic depression, their families and friends

When and Where

Contact the following persons for details of time and place of meetings in these areas:

Abbotsford	Christine	1-604-854-9404
Aboriginal Group	Thomas	604-874-1831
Burnaby	Johannes	604-873-0103
Cantonese Speaking Group	Maria	604-232-4025
Coquitlam	Ed	604-931-5223
	Ian	604-417-4604
Langley	Carolyn	604-888-0429
North and West Vancouver	Don	604-583-6418
Port Coquitlam	Coral	604-944-7489
Richmond	Ed	604-873-0103
Ridge Meadows	Joan	604-467-6034
Surrey/North Delta	Bill	604-594-1870
Surrey South/White Rock	Heather	604-536-4221
Vancouver	MDA Office	604-873-0103
Vancouver – Kerrisdale	Merle	604-732-9367
Vancouver – West End	Don	604-583-6418

Expectations for Members

- Non-emergency maintenance situations
- Confidentiality is important
- People are sharing their stories
- Groups are on-going
- There is no cost but a \$12.00 membership in the association is encouraged and the central office of MDA will supply participants with a newsletter containing up-to-date information on groups and other MDA activities

How to Start

Phone the person listed above for the meeting that you are interested in attending or call the MDA office about these and other MDA groups in the province at 604-873-0103

Telephone Resources

Here to Help (BC Partners for Mental Health and Addictions Information)

(604) 669-7600 / 1-800-661-2121 (outside the Lower Mainland)

Mental Health Information Line puts free information about mental health and mental illness at your fingertips. Anyone can use it, 24 hours a day, seven days a week. The line provides pre-recorded information about mental health services across BC, as well as symptoms, causes, treatments, support groups, and publications on various mental illnesses including: schizophrenia, depression and other mood disorders, anxiety disorders, eating disorders, substance use problems and mental illness, personality disorders.

Internet Resources

General Mental Health resources

Canadian Mental Health Association

www.cmha-bc.org (BC Division)

www.cmhvb.bc.ca (Vancouver-Burnaby Division)

The Canadian Mental Health Association, BC Division is a voluntary organization concerned with educating people about mental health issues, and changing the way we view and treat mental illness in BC. We educate, advocate, conduct research, and develop new ways to make our mental health services and knowledge in BC more accessible, more effective, and more friendly to all.

Here to Help (BC Partners for Mental Health and Addictions Information)

www.heretohelp.bc.ca

Here to Help is a group of seven leading provincial mental health and addictions nonprofit agencies working together as the BC Partners for Mental Health and Addictions Information. We came together for this project because we recognize that people need to have access to quality information on mental health, mental disorders and substance use problems and disorders. We want to particularly emphasize "evidence-based" services and supports, or those strategies that have been shown to be effective through high-quality research studies. The good news is that there is a lot of useful evidence available about what works and helps people and families living with mental health and addictions issues live productive, fulfilling lives.

National Alliance for the Mentally Ill (NAMI)

www.nami.org

NAMI is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, panic and other severe anxiety disorders, autism and pervasive developmental disorders, attention deficit/hyperactivity disorder, and other severe and persistent mental illnesses that affect the brain.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov/HealthInformation

US Federal agency working to improve mental health through research on mind, brain, and behavior.

BC Ministry of Health – Mental Health and Addictions

www.healthservices.gov.bc.ca/mhd/

Vancouver Coastal Health – Community Mental Health Services

www.vch.ca/community/mental_health.htm

Internet Resources

Early Psychosis resources

Helping Overcome Psychosis Early (HOPE)

Vancouver Richmond Early Psychosis Intervention Program

www.hope.vancouver.bc.ca

Funded by Vancouver Coastal Health and Vancouver Community Mental Health Services, EPI is a program for: *youth living in Vancouver or Richmond, aged 13-30 and their families* who are experiencing a first time problem with psychotic symptoms. This website's aim is to provide information about early identification and treatment of psychosis

Fraser South Early Psychosis Intervention (EPI) Program

www.psychosissucks.ca

This website promotes early detection, educates about psychosis and provides direction for seeking help. Funded by Fraser Health Authority, the main objectives of the EPI Program are to increase understanding of psychosis, decrease stigma associated with having this disorder and provide direct treatment.

Knowledge Network “Taking Care: Child & Youth Mental Health”

www.knowledgenetwork.ca/know_tool/mentalhealth/intro.html

Interactive website with information on depression, anxiety, and psychosis.

Schizophrenia/Schizoaffective resources

BC Schizophrenia Society

www.bcscs.org

The British Columbia Schizophrenia Society (BCSS) is a non-profit organization founded in 1982 by families and friends of people with schizophrenia. Since then, BCSS has grown into a province-wide family support system with 34 Branches, 14 Regional Coordinators, 3 Program Coordinators and over 1600 members who are dedicated to supporting each other, educating the public, raising funds for research, and advocating for better services for people with schizophrenia and other serious and persistent mental illness.

Learning about Schizophrenia: Rays of Hope. A Reference Manual for Families and Caregivers

www.schizophrenia.ca/famref/szref1.pdf

Published by the Schizophrenia Society of Canada, this online guide provides information about the illness and its treatment, where to get help, what to do in a crisis, hospitalization, discharge planning, supporting a family member at home, self-care for family members, and recommended resources.

Schizophrenia.com

www.schizophrenia.com

Started in 1995, Schizophrenia.com is a leading web community dedicated to providing high quality information, support and education to the family members, caregivers and individuals who's lives have been impacted by schizophrenia.

Bipolar/Depression/Anxiety resources

Mood Disorders Association of BC (MDABC)

www.mdabc.ca

MDABC provides support and education for people with mood disorder, their families and friends.

Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

This web site is created to help patients and their loved ones receive a wide range of information and support as they seek to gain a greater understanding of depression and bipolar disorder. Greater understanding is key to empower patients and their families to work with their health care provider (s) to obtain accurate diagnoses and develop effective treatment plans.

Anxiety Disorders Association of BC

www.anxietybc.com

The Anxiety Disorders Association of British Columbia is a nonprofit society formed to increase awareness of anxiety disorders and currently available treatments.

Anxiety Disorders Association of America

www.adaa.org

The ADAA promotes the early diagnosis, treatment and cure of anxiety disorders, and is committed to improving the lives of the people who suffer from them.

Alcohol/Street Drugs/Addictions resources

Here to Help (BC Partners for Mental Health and Addictions Information)

www.heretohelp.bc.ca

Centre for Addiction and Mental Health (CAMH)

www.camh.net

The Centre for Addiction and Mental Health (CAMH) in Toronto is Canada's leading addiction and mental health teaching hospital. CAMH succeeds in transforming the lives of people affected by addiction and mental illness, by applying the latest in scientific advances, through integrated and compassionate clinical practice, health promotion, education, and research.

Kaiser Foundation

www.kaiserfoundation.ca

The Kaiser Foundation is committed to helping individuals and communities prevent and reduce the harm from substance use and addictive behaviours. On-line directory of addiction resources in BC.