



CANADIAN MENTAL
HEALTH ASSOCIATION

Vancouver-Burnaby Branch

Get Set & Connect

Get Set & Connect is a program designed to help adults living with mental illness make connections and form meaningful relationships with other individuals through activities in their community. Community inclusion is the goal. There are five components of the program:

One to One Leisure and Volunteer Community Access Coaching

Each person who enters the program will be working one-on-one with a Leisure Volunteer Access Coach. A Leisure Volunteer Access Coach will be able to provide support to access and connect with community based leisure and recreation opportunities. For example, a Coach may connect a person with a fitness centre or music class. Also, an individual's Coach will be able to provide support to access and connect with community based volunteer opportunities. This may include researching different volunteer opportunities and resources with a person looking for a volunteer position.

Connecting through Activity

Connecting through Activity involves connecting individuals with a small group of peers who share similar interests. Each person in Connecting through Activity will first meet with their Coach to discuss what their interests are. The Coaches will then search for applicants with similar interests. Once a match is found, individuals will be introduced by the program staff who will help the group members to set up an activity plan. These activity groups will be planned by the group members and will take place in the community. Each individual's Coach will follow-up to check-in and see how the meetings are going.

Ready, Set, Go-Volunteer Readiness

The Ready, Set, Go is an eight session volunteer preparation course. Participants in this course will discover special interests, skills and strengths, find out what kind of volunteering they like to do, learn new skills and gain confidence and create a volunteer plan. Each participant will receive a certificate upon completion of the course.

Monthly Networking Session

The Monthly Networking Session is an opportunity to meet other people, to share success stories, to learn about program opportunities with other interested individuals and to share leisure and volunteer resources. This session will be a participant directed event and held in the community at a variety of locations.

Travel Club

Travel Club is a program that will provide participants the necessary tools and connections to travel independently and move freely within or outside their community. Participants will be able to choose from a variety of travel options from within and outside of the Lower Mainland. Participants will explore destinations, research transit schedules and event costs and plan in small groups their travel destination and trip details. Participants will be encouraged to continue their travel activities after the completion of this five week workshop. Support for individual participants will be provided by their Leisure Volunteer Access Coach during this workshop as needed.

Call the Leisure Volunteer Access Coaches at:

Brent: 604-872-4902 ext 223

Tess: 604-872-4902 ext 222

Katy: 604-872-4902 ext 290

Email: leisure.volunteer.vb@cmha.bc.ca