



# *Family Connections*

**Community Supports for Families Supporting a Loved One Living with Mental Illness and/or Addiction**

*Counselling, Support Groups, and Education*

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## Community Support for Families

Organization	Service Provided/Audience	Location/Contact
<b>Support Groups</b>		
Family Connections Support Group  VCH Family Support and Involvement Team	Mutual support group for families with a loved one living with mental illness and/or addiction.	1st Thursday and 3rd Monday of every month, 6-8 pm The Joseph & Rosalie Segal & Family Health Centre 2 <sup>nd</sup> Floor Boardroom 803 W 12 <sup>th</sup> Ave (at Willow; approach from W 10 <sup>th</sup> Ave, behind the Blusson Spinal Cord Centre at 818 W 10 <sup>th</sup> Ave) Contact: <b>Isabella Mori:</b> <a href="mailto:isabella.mori@vch.ca">isabella.mori@vch.ca</a> <b>Phone:</b> 604 290 3817 Or <b>Zachariah Finley:</b> <a href="mailto:zachariah.finley@vch.ca">zachariah.finley@vch.ca</a> <b>Phone: 604-313-1918</b>
BC Schizophrenia Society Vancouver Family Support Group	Support group for families with a loved one living with mental illness.	2 <sup>nd</sup> Wednesday of each month, 6:30 – 8:30 p.m.  Vancouver Community College, Broadway Campus 1155 E Broadway, Vancouver, BC. V5T 4V5 (Room G218)  Contact: Andrew @ (604) 754-7464
Parents Forever	A professionally supported, mutual support group for parents and family members of adult addicted children (18 years of age and up).	Group meets every 2 <sup>nd</sup> Friday at St. Mary's Kerrisdale 2490 W 37 <sup>th</sup> Ave, Kerrisdale, Vancouver. Contact: Frances Kenny 604-524-4230 or <a href="mailto:fkenny@uniserve.com">fkenny@uniserve.com</a> <a href="http://www.parentsforever.ca">www.parentsforever.ca</a>
Mood Disorder Association	Support for families with a family member living with a mood disorder. Offers monthly family education series as well as monthly family support groups.	Support groups across lower mainland, interior, and Vancouver island. For specific location and contact information see complete list on MDA website: <a href="http://www.mdabc.net/mdabc-support-groups">http://www.mdabc.net/mdabc-support-groups</a> <b>Vancouver:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month, 7-9pm Mount St. Joseph Hospital, Harvest Room A Contact: Suemay Black @ 604-251-2179

<p>BC Schizophrenia Society</p>	<p>Family-based organization with branches across British Columbia. Information and support for persons living with/affected by schizophrenia. Offers psychoeducational series “Strengthening Families Together” as well as ongoing support groups.</p>	<p>Branches exist across BC. Contact local coordinator for specific information regarding support group meeting times. <a href="http://www.bcsm.org">www.bcsm.org</a> Provincial head Office 1-888-888-0029</p>
<p>St. Paul’s Hospital</p>	<p>Offer mental health family support group for families of someone diagnosed with a mental illness.</p>	<p>Last Thursday of each month, 6-7:30pm. <b>Location:</b> St Paul’s Hospital, 1081 Burrard Street, Room 2B-169, 2nd floor, Burrard Building. <b>Registration requested,</b> call: 604-682-2344 local 62403</p>
<p>Pathways Clubhouse</p>	<p>Chinese Family Support Groups. Support for Chinese families with a loved one living with mental illness.</p>	<p>2<sup>nd</sup> Saturday of each month. <a href="http://pathwaysclubhouse.com/?page_id=91">http://pathwaysclubhouse.com/?page_id=91</a> Contact: <a href="mailto:Bessie.Wang@pathwaysclubhouse.com">Bessie.Wang@pathwaysclubhouse.com</a> Tel: 604-276-8834 ext. 12</p>
<p>VCH Eating Disorder Program Family Support Group</p>	<p>Support group for family and friends of someone who lives with an eating disorder.</p>	<p>Group is open to all family members and friends regardless of whether their loved one is attending the VCH program. 1<sup>st</sup> Wednesday of each month, 6-7:30pm <b>Location:</b> 3<sup>rd</sup> Floor, 2750 East Hastings, Vancouver <b>Contact:</b> Hella at: 604-675-2531 extension 20689.</p>
<p>Early Psychosis Intervention (EPI) Program</p>	<p>Provides early identification and treatment for psychosis. Services include family meetings, group sessions, family education and support for families of clients of the EPI program.</p>	<p>EPI program is available to youth living in Vancouver and Richmond. Office location: 2750 E Hastings Street, Vancouver, V5K 1Z9 604-675-3875 <a href="http://www.earlypsychosis.ca/">http://www.earlypsychosis.ca/</a></p>

GRASP Family Support Group	GRASP offers peer-led mutual support groups for families or individuals who have had a loved one die as a result of substance abuse or addiction.	2nd Thursday of the month from 7:00 – 9:00 p.m. <b>Location:</b> Gilmore Community School, 50 South Gilmore Ave - Room 207, Burnaby  <b>Registration requested,</b> please contact <a href="mailto:graspvancouverarea@gmail.com">graspvancouverarea@gmail.com</a>
SMART Friends and Family	Support group for family and friends to learn and implement self-care, boundary setting, and compassionate communication tools.	Every Tuesday 6:30-7:30PM. Every other Friday 6:30-7:30 <b>Location:</b> Three Bridges Addictions 1290 Hornby Street, Rm 310. <b>To register Call Oona @ 604-714-3480.</b>  Thursday 6:00-7:00PM <b>Location:</b> Raven Song 2450 Ontario Street, 1st floor. <b>Phone:</b> 604-872-8441.
VCH – North Shore HOpe Centre	Support groups for families with a loved one living with mental illness and/or addiction receiving service through VCH on the North Shore.	North Shore HOpe Centre 1337 St. Andrews Avenue North Vancouver. 604.984.5000
Al-Anon Family Groups	Mutual support groups for persons with a family member or friend living with alcoholism.	Meetings take place across British Columbia. Consult website for exact location. <a href="http://www.rwglobal.com/~bcyukon-al-anon/meetings.html">http://www.rwglobal.com/~bcyukon-al-anon/meetings.html</a> Al-Anon Central Office (Vancouver) 604-688-1716. Online Family Groups: <a href="http://www.ola-is.org/">http://www.ola-is.org/</a>
Narc-Anon Family Groups	Mutual support groups for persons affected by another person’s addiction.	Meetings across British Columbia, consult website for exact times/locations. <a href="http://www.nar-anon.org/find-a-meeting">http://www.nar-anon.org/find-a-meeting</a>
North Shore Schizophrenia Society	Family Support Centre, providing personal support and information on major mental illnesses — schizophrenia, bipolar disorder, depression, borderline personality disorder, concurrent disorders, and anxiety disorders.	NSSS Family Support Centre 205-1865 Marine Drive West Vancouver Telephone: 604-926-0856 Email: <a href="mailto:info@northshoreschizophrenia.org">info@northshoreschizophrenia.org</a>

<p>Looking Glass Foundation of BC</p>	<p>Offers education and support to families and persons living with an eating disorder.</p>	<p>For more information, visit <a href="http://www.lookingglassbc.com/">http://www.lookingglassbc.com/</a>  <b>Contact:</b>          604-314-0548</p>
<p>Canadian Mental Health Association – Super Saturday Club</p>	<p>The Super Saturday Club is a no-cost monthly recreation program for child whose parents have mental illness. Provides children the opportunity to increase their social network while promoting social skill development and confidence.</p>	<p>Open to children aged 8-17 whose parent is a client of VCH, VCMHS, or Richmond Mental Health Services. Referral is required through Team Case Manager or Family and Child Therapist.  <a href="http://vancouver-fraser.cmha.bc.ca/how-we-can-help/community-rehab-and-recovery/incredible-youth-program-series">http://vancouver-fraser.cmha.bc.ca/how-we-can-help/community-rehab-and-recovery/incredible-youth-program-series</a>          Contact: Kristina Dixon  <a href="mailto:kristina.dixon.vb@cmha.bc.ca">kristina.dixon.vb@cmha.bc.ca</a></p>
<p>Circles of Support for Loved Ones of Prisoners</p>	<p>This group intends to provide a safe space for individuals to share and obtain information about the criminal justice system, learn about and offer their insights of useful resources available in the community, and to generate a way for people with common experiences to communicate their grievances and opinions with one another.</p>	<p>To RSVP and find out the location of the group, or to find out more information, please email Lauren at <a href="mailto:circles@jhs1mbc.ca">circles@jhs1mbc.ca</a>, or call the Program Coordinator at 604-872-5471 ext. 227.</p>
<p>Family Involvement and Support – Fraser Health</p>	<p>Contacts for families who have a loved one accessing service in the Fraser Health Authority region.</p>	<p>Len Polak, Family Specialist  <a href="mailto:Leonard.polak@fraserhealth.ca">Leonard.polak@fraserhealth.ca</a></p>

<b>Counselling</b>		
Family Services of Greater Vancouver	Individual, couple, family counselling.	Program offices in Vancouver, Richmond, New Westminister, Surrey. Intake: 604-874-2938 <a href="http://www.fsgv.ca/">http://www.fsgv.ca/</a> Provides services to individuals and families living in Vancouver, Richmond, Burnaby, New West, and Surrey. <b>Sliding scale:</b> \$15/hour - \$70/hour (based on household income).
Family Services North Shore	Individual, couple, family counselling. Clients must be residents of the north shore.	Suite 203, 1111 Lonsdale Avenue, North Vancouver Intake: 604-988-5281 <a href="http://www.familyservices.bc.ca/">http://www.familyservices.bc.ca/</a> <b>Sliding Scale:</b> \$20/hour-\$100/hour
Jewish Family Services Agency	Individual and family counselling available. (Open to all families and communities)	Taya Cassidy, Mental Health Outreach Therapist 604-558-5706 <a href="mailto:TCassidy@jfsa.ca">TCassidy@jfsa.ca</a> Alan Stamp, Director of Therapy Services 604-637-3309 <a href="https://www.jfsa.ca/">https://www.jfsa.ca/</a> <b>Cost:</b> Sliding scale is available based on household income.
Catholic Family Services	Individual adults, couples, teens, and family counselling	150 Robson St Suite 250 Vancouver, BC V6B 2A7 Low cost counselling available. <a href="http://www.manta.com/ic/mt6ls4f/ca/catholic-family-services">http://www.manta.com/ic/mt6ls4f/ca/catholic-family-services</a>
Oak Counselling Services Society	Professionally-supervised counselling for individuals, couples, and families.	949 West 49 <sup>th</sup> Ave Vancouver, BC 604-266-5611 <a href="http://oakcounselling.org/">http://oakcounselling.org/</a> <b>Cost:</b> Sliding scale is available
The Adler Centre	Professionally-supervised individual, couple, and family counselling. Also offer family support programming such as parenting groups.	230 – 1818 W Broadway Vancouver, BC 604-742-1818 <b>Cost:</b> Sliding scale is available. <a href="https://adlercentre.ca/counselling-clinic/">https://adlercentre.ca/counselling-clinic/</a>

Stewart and Associates	Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.	227 – 1118 Homer St Vancouver, BC 604-687-7171 <a href="mailto:admin@stewart-assoc.com">admin@stewart-assoc.com</a> <a href="http://www.counsellingservicevancouver.com/">http://www.counsellingservicevancouver.com/</a>
Dragonstone Counselling	Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.	Located in Kitsilano.  <b>Phone:</b> 604.738.7557 <a href="http://www.dragonstonecounselling.ca/index.html">http://www.dragonstonecounselling.ca/index.html</a> <b>Sliding Scale:</b> \$0 - \$150/ hour (\$0-\$40/hour supervised interns)
UBC Psychology Clinic	Assessment and counselling services provided by Doctoral student interns supervised by registered psychologists.	Douglas Kenny Building 2136 West Mall Vancouver, BC <b>Phone:</b> 604-822-3005 <a href="http://clinic.psych.ubc.ca/">http://clinic.psych.ubc.ca/</a> <b>Sliding Scale:</b> \$10-\$40/hour for counselling sessions; assessments are \$120-\$480
SUCCESS – Individual and Family Counselling Program	Individual and family counselling for a variety of presenting concerns offered in Mandarin, Cantonese, Korean, and English. SUCCESS programs focus on needs of new immigrants of Chinese and other ethnic origins. They also offer play and art therapy.	<b>Vancouver</b> 28 West Pender Street, Vancouver Tel: 604-408-7266 <b>Burnaby (Friday Only)</b> Ministry of Children and Family Development Office Tel: 604-468-6005 <b>Coquitlam</b> 2058 Henderson Place, 1163 Pinetree Way, Coquitlam Tel: 604-468-6102 <b>Sliding Scale:</b> \$25-\$110/hour <a href="http://www.successbc.ca/eng">http://www.successbc.ca/eng</a>



<p>City University Counselling Clinic</p>	<p>Individual, couple and family counselling for those 13 - 24 years of age by interns currently completing their Master's of Counselling degree.</p>	<p>2455 Fraser Street                  Vancouver, BC V5T 0E6  <b>Phone:</b> 604-709-5729  <a href="mailto:cityucc@gmail.com">cityucc@gmail.com</a>  <b>Cost:</b> Free</p>
<p>Bounce Back Program. Canadian Mental Health Association</p>	<p>Telephone coaching for people with mild-moderate depression with or without anxiety. Coaching available in English, Cantonese, French and Punjabi. Family doctor's referral required to access this program.</p>	<p><b>Phone:</b> 1-866-639-0522  <a href="http://www.cmha.bc.ca/how-we-can-help/adults/">http://www.cmha.bc.ca/how-we-can-help/adults/</a>  <b>Cost:</b> Free</p>
<p>Dialectical Behavior Therapy (DBT) Centre of Vancouver</p>	<p>A private centre offering evidence-based individual, group, and family psychological services to those in Vancouver and the Lower Mainland.</p>	<p>#1040 – 1200 Burrard St. Vancouver BC V6Z 2C7  <b>Phone:</b> 604-569-1156  <a href="mailto:info@dbtvancouver.com">info@dbtvancouver.com</a>  <b>Website:</b> <a href="http://dbtvancouver.com/">http://dbtvancouver.com/</a></p>
<p>Cognitive-behavior therapy (CBT) Centre of Vancouver</p>	<p>Cognitive-behaviour therapy (CBT) and mindfulness-based cognitive therapy (MBCT). Specialize in treating complex and severely disabling anxiety disorders, as well as clinical depression and eating disorders</p>	<p>Suite 302 – 1765 West 8<sup>th</sup> Avenue. Vancouver, BC  <b>Phone:</b> 604-738-7337  <b>Website:</b> <a href="http://www.vancouvercvt.ca/index.html">http://www.vancouvercvt.ca/index.html</a></p>
<p>SFU Clinical Psychology Centre</p>	<p>Outpatient mental health clinic and training centre associated with the Department of Psychology at Simon Fraser University (SFU)</p>	<p><b>Phone:</b> 778-782-4720  <b>Website:</b> <a href="https://www.sfu.ca/psychology/clinical-psychology-centre.html">https://www.sfu.ca/psychology/clinical-psychology-centre.html</a>  <b>Cost:</b> Sliding scale based on household income</p>



Interelements	Offers individual, couples, and group therapy	#303 - 2902 W Broadway, Vancouver. BC <b>Phone:</b> 604-730-8944 <a href="http://www.sherryderappardmd.com/">http://www.sherryderappardmd.com/</a>
<b>Education Resources</b>		
Family Involvement with Mental Health and Addiction Services Policy	This policy applies to all VCH/PHC Mental Health and Addiction services, programs, and units	<a href="http://mentalhealth-policies.vch.ca/policy/CA_4200.pdf">http://mentalhealth-policies.vch.ca/policy/CA_4200.pdf</a>
Spotlight on Mental Health Website	Information about Consumer involvement and the archives of the Family Connections Newsletter	<a href="http://www.spotlightonmentalhealth.com/family-involvement-newsletter/">http://www.spotlightonmentalhealth.com/family-involvement-newsletter/</a>
From Grief to Action	From Grief to Action is a volunteer-based not-for-profit association in British Columbia. They are a voice and a support network for families and friends affected by drug use.	<a href="http://www.fromgriefftoaction.com/">http://www.fromgriefftoaction.com/</a>
St. Paul's Hospital Mental Health Website	Information about mental health and addictions, guided tours of a consumer's inpatient stay, videos from consumers and family members regarding mental health and recovery topics.	<a href="http://mh.providencehealthcare.org">http://mh.providencehealthcare.org</a>

Early Psychosis Intervention Website	Website provides information for clients, families, and health professionals about psychosis including symptoms and treatment. Also contains handbooks for family members supporting someone who lives with psychosis.	<a href="http://www.earlypsychosis.ca">www.earlypsychosis.ca</a>
Alcohol and drug Information and Referral Service	Can connect individuals to mental health and addictions resources across British Columbia.	<b>Phone:</b> 604-660-9382
Centre for Addiction and Mental Health	Information on mental illness and addiction including assessment, treatment, and research. Resources are separated by mental health and addiction topic.	<a href="http://www.camh.ca">www.camh.ca</a> Then click on Mental Health A-Z on the left.
National Alliance on Mental Illness	Information and resources regarding mental illness. Register for free to access online discussion groups.	<a href="http://www.nami.org">www.nami.org</a>
Mental Health Commission Canada	National organization providing information on mental health and addiction.	<a href="http://www.mentalhealthcommission.ca/">http://www.mentalhealthcommission.ca/</a>
Looking Glass Foundation of BC	Provides information and resources regarding assessment and treatment of eating disorders. Also provides information about Woodstone Residence- BC's first residential treatment program for eating disorders.	<a href="http://www.lookingglassbc.com/">http://www.lookingglassbc.com/</a>

The Red Book Online	The Red Book is a complete online guide to community and government agencies across the Lower Mainland.	<a href="http://redbookonline.bc211.ca/">http://redbookonline.bc211.ca/</a>
BC211	Offered in partnership with the United Way, an online and telephone directory of social services across districts of Metro Vancouver, Fraser Valley, and Squamish-Lilloet.	<a href="http://www.bc211.ca">http://www.bc211.ca</a>  Or dial 2-1-1 on your telephone (call is free).
BC Schizophrenia Society	BCSS is a family based organization providing support and education services throughout the province to help family members and their ill relatives cope with schizophrenia and other serious mental illnesses.	<a href="http://www.bcss.org/category/resources/family-friends/">http://www.bcss.org/category/resources/family-friends/</a>  Website includes family and friends section with a number of printable resources on topics including: advocacy, programs and services, confidentiality, continuity of care, etc.
Mood Disorder Association of BC	Non-profit organization dedicated to providing support, education, and hope of recovery for those living with a mood disorder or other mental illness.	<a href="http://www.mdabc.net/bc-resources">http://www.mdabc.net/bc-resources</a>  Website includes information and resources regarding mood disorders and support services in British Columbia. MDA also offers mental health education workshops and seminars that are advertised on their website.
Kelty Mental Health Resource Centre	BC's Provincial Child and Youth Mental Health Resource Centre (up to age 25) as well as BC's Eating Disorder's Resource Centre for all ages.	<a href="http://keltymentalhealth.ca/">http://keltymentalhealth.ca/</a>  Website includes information and resource regarding mental illness and support services in British Columbia. Kelty Centre also offers mental health education workshops and seminars as advertised on their website.

Here to Help	Website of the BC Partners in Mental Health and Addictions and provides mental health and substance use information you can trust.	<a href="http://www.heretohelp.bc.ca/">http://www.heretohelp.bc.ca/</a>
BC Ministry of Health – Mental Health & Addictions	Information and resources, including BC legislation.	<a href="http://www.healthservices.gov.bc.ca/mhd/">http://www.healthservices.gov.bc.ca/mhd/</a>  Website includes information and resources including downloadable version of the BC Mental Health Act, access to a toll-free information line, and the BC Government directory.
Canadian Mental Health Association	Information and resources for families and consumers of mental health services.	<a href="http://www.cmha.bc.ca">http://www.cmha.bc.ca</a> Phone: 604-688-3234 Toll Free (BC Only): 1-800-555-8222
CIBC Center for Patients and Families at VGH	A resource centre that helps family members make informed choices about your health, before, during, and after your hospital stay.	Located inside Vancouver General Hospital the centre offers information and resources regarding a variety of health topics including mental health. Families can also access computer terminals for personal use while their loved one is in hospital. <b>Location:</b> 855 W. 12th Ave., Jim Pattison Pavilion, Room 1861 [Main floor behind the information desk] <b>Tel:</b> 604.875.5887 <b>Hours:</b> <ul style="list-style-type: none"> <li>• Monday – Wednesday: 10:00 am - 5:00 pm</li> <li>• Thursday: 11:00 am - 6:00 pm</li> <li>• Friday: 10:00 am - 5:00 pm</li> </ul>
Vancouver Coastal Health Family Support and Involvement (FSI) Team	The FSI team provides families with information, education, referrals, and supports.  Additionally, the team provides educational opportunities to mental health and addiction professionals to support their work with families, and increases public awareness of mental health and addiction issues through public education.	<b>Justun Miller</b> Coordinator, Family Support & Involvement, Community <b>Phone:</b> 604-736-2881 <a href="mailto:Justun.Miller@vch.ca">Justun.Miller@vch.ca</a>  <b>Isabella Mori</b> Coordinator, Family Support & Involvement, Acute <b>Phone:</b> 604-290-3817 <a href="mailto:Isabella.Mori@vch.ca">Isabella.Mori@vch.ca</a>  <b>Zacharia Finley</b> Coordinator, Family & Consumer Involvement, Tertiary <b>Phone:</b> 604-313-1918 <a href="mailto:zachariah.finley@vch.ca">zachariah.finley@vch.ca</a>  <b>Jennifer Glasgow</b> Manager, Family Support & Involvement <b>Phone:</b> 604-736-2881 <a href="mailto:Jennifer.Glasgow@vch.ca">Jennifer.Glasgow@vch.ca</a>

