



## Newsletter

Volume # 1

Issue: June 2023



From left, Dr. Jennifer Ross, board chair Shawna Adams, executive director Liz Nelson and Dr. Randal Mason at the Pacific Centre Family Services Association, where the new Westshore Community Health Centre opened this week. DARREN STONE, TIMES COLONIST

### Executive Director Update

Yesterday, June 1<sup>st</sup>, marked the one-year anniversary of the opening of the Westshore Community Health Centre (CHC) and re-opening of all our in-person services at Pacific Centre Family Services Association (PCFSA) after renovations.

We are currently providing health care services for over 5000 patients at the CHC and will be continuing to attach individuals and families who fit our mandate over the coming months. We have also provided counselling services to approximately 2300 individuals over the past year.

Our outreach teams, both within the CHC and through our youth counselling programs, are working in community to provide health care, crisis counselling, and resourcing for individuals who need our support. In short, we are doing amazing work!

I would like to thank all our staff, contractors, medical residents, students, volunteers, and board members for their hard work and dedication over this past year and I look forward to what the next year will bring.

### Volunteer Opportunities

To learn more about our volunteer opportunities please click [here](#).

### Career Opportunities

Are you interested in working at Pacific Centre Family Services Association. Click [here](#) to learn more about our current job postings.

### Special Thank You

We would like to extend a special thank you to all our [Funders, Community Partners, Sponsors and Donors](#). The important work we do would not be possible without your support. If you are interested in donating, please click [here](#).

### Important Upcoming Dates:

June 21<sup>st</sup> – Indigenous Peoples Day  
<https://langford.ca/calendar/national-indigenous-peoples-day-celebrations-at-royal-roads-university>

July 1<sup>st</sup> – Canada Day

Aug 7<sup>th</sup> – BC Day

September 4<sup>th</sup> – Labour Day

September – AGM and Open House (watch our website for further details and dates)

September 30<sup>th</sup> – National Day of Truth and Reconciliation (Stat observed: Monday, October 2<sup>nd</sup>)

November 17<sup>th</sup>, 2023 – SAVE THE DATE



### **Rob Sam, Indigenous Liaison**

“Hello, my English name is Rob Sam; my given name is Kwa'lla'thout. (My name comes from Discovery Island) I come from the Cowichan, Tsartlip, tribes and have family ties in the US as well. I have been a lifelong resident of WJOJLEP/Tsartlip Nation located in Brentwood Bay. I have received many valuable teachings from my parents, grandparents, and great parents whose family values, teachings, and cultural practices date back 100's of years. I am a proud family man, active hunter, fisherman and cultural advisor. I am a survivor myself of a government run Indian Day School a place of hard lessons and abuse felt by many peers and younger generations. I am meant to continue helping where I can with the struggles many of our people have today. This much I share today. Hychka Siem”

The role of PCFSA ‘s Indigenous Liaison is to help create a culturally safe environment for Indigenous community members to receive team based healthcare and cultural supports. By working in Community and at the Centre, the Indigenous Liaison works to bridge gaps and barriers to accessing care by providing advocacy, education, and support for Indigenous individuals and families and acts as an intermediary between those accessing care and other healthcare staff. This role is also instrumental in improving the cultural competence of our staff, which ultimately improves trust with Indigenous community members who access our services.

## **Coldest Night of the Year 2023 Victoria Westshore**

PCFSA and Our Place Society joined thousands of people across Canada for the Coldest Night of the Year Campaign to raise funds and awareness around issues of poverty and homelessness.

Thank you to all the walkers, donors, volunteers that made CNOY 2023 the most successful of all time.

The money raised will be going right back into our support programs. PCFSA will be directing the funds back into our core programs to reduce wait times that continue to grow as a result of rapid population growth in our community.

Huge Thanks to Big Wheel Burger, for their support during the Coldest Night of the year and for making us their featured charity of the month. They have donated \$5000.00, which will be split between PCFSA and Our Place Society.



### **June 2023 Is Pride Month**



**From all of us at PCFSA, we wish you a Happy Pride!!**



## PCFSA had the pleasure of welcoming the Honourable Carolyn Bennett

On April 3rd, Pacific Centre Family Services Association had the pleasure of welcoming The Honourable Carolyn Bennett, Federal Minister of Mental Health and Addictions and Associate Minister of Health to our Centre on April 3rd. Members of PCFSA's staff and board had an opportunity to highlight the work and dedication of our team in providing a team-based approach to providing integrated primary care and mental health and substance use services to members of our community.

### PCFSA Receives

#### The Westshore Local Hero Award for Youth Advocacy

PCFSA is humbled to receive a Westshore Local Hero Award for Youth Advocacy! We are honoured and proud to continue to provide support to the youth in our community.

“It’s nice to be appreciated by the community and we deeply appreciate the community; it highlights the amazing counsellors we have at our agency and the hard work and dedication they offer to the community.”

Pacific Centre has five youth-serving programs:

1. Sexual Abuse Intervention Prevention (SAIP)
2. Crime Reduction and Exploitation Diversion (CRED)
3. Community Outreach Prevention & Education (COPE)
4. Youth & Family Counselling
5. Youth Talk

### Contact

Pacific Centre Family Services Association  
At the Centre for Wellbeing

*The Centre is designed to be safe and inviting for everyone. It is fully accessible with automatic doors, elevator, and visitor parking.*

#200 - 324 Goldstream Ave, Colwood, BC

Counselling and Social Services Reception  
Ph: 250.478.8357 | TF 1.866.478.8357  
Email: [pacificcentre@pcfsa.org](mailto:pacificcentre@pcfsa.org)

Counselling Intake & Referrals:  
250.940.4373

Westshore Community Health Centre  
Ph: 250-480.7333 Fax: 250.480.7335