



## Newsletter

Volume # 3

Issue April 2024

### Executive Summary



*As we fully enter Spring, with the longer days and (hopefully) more sunshine, I am delighted to share the latest developments and initiatives happening at PCFSA. Over the past months, our dedicated team has been committed to providing exceptional health care, counselling support, and community resources for our clients, ensuring their wellbeing remains our top priority.*

*In this edition, you will find information about our amazing volunteers, donors, and supporters, and some useful tips about managing your mental health symptoms in the spring.*

*Additionally, we are thrilled to announce upcoming and ongoing groups and workshops designed to empower individuals and families on their journey toward healing.*

*I am particularly proud of the collaborative efforts, within our organization and with our external partners, as we continue to innovate and expand services to better serve the diverse needs of our community. Your feedback and support are invaluable to us, and we remain deeply grateful for the trust you place in us.*

*With a positive vision for PCFSA's many successes and continued growth, we remain thankful for the generosity of our extended community. Together, we will continue to make a positive difference in the lives of those we serve.*

Warmly,

Liz Nelson  
Executive Director, PCFSA

### Territory Acknowledgement

Pacific Centre Family Services Association acknowledges and gives thanks to the L'Kwungen peoples, also known as the Songhees and Esquimalt First Nation communities, for allowing us to live, work, and play on their lands. We also respectfully recognize other surrounding nations Scia'new (Beecher Bay) First Nation, T'Sou-ke (Sooke) Nation and Pacheedaht First Nation (Port Renfrew)

### **VISION:**

PCFSA is the community leader in providing services that facilitate equitable access to physical, emotional, and culturally appropriate healthcare.

### **MISSION:**

By providing equity-based access to comprehensive, relationship-based, multidisciplinary, and trauma-informed services, PCFSA seeks to deliver holistic healthcare for individuals and families within the diverse communities we serve.

### **CORE VALUES:**

- COLLABORATION
- COMPASSION
- EQUITY
- INCLUSION
- DECOLONIZATION
- INNOVATION
- ANTI-RACISM
- RESPECT

### Save the Date

**PCFSA AGM & Open House - September 20, 2024**

**Discover PCFSA Gala - November 15, 2024 – Olympic View Golf Course**

**Celebrating the success of our 1<sup>st</sup> Annual Discover PCFSA Gala. Thank you to everyone who attended, donated, and supported making our 1st Gala a huge success!**

Contact us to find how to become a sponsor or donate to our live and silent auction for our 2<sup>nd</sup> Annual Gala

## Proud Sponsors of CNOY in Support of PCFSA and Our Place Society



Thank you to all of our incredible sponsors and community partners!



Slegg Building Materials has not only been our Lead Sponsor since 2021, but this year their team really made an incredible fundraising effort and raised an additional \$1755.00. Amazing community partners and leaders making a huge impact! Thank you from the bottom of our hearts.



F45 Langford has been a sponsor for CNOY Victoria Westshore since 2022 and puts on an amazing warm up for the crowd ever year. Each year their team grows and so does their incredible fundraising efforts. They are truly a community supporting community. This year their team raised \$4710.00 and had 50 members. Thank you for your ongoing support and incredible community leadership.

## Coldest Night of the Year – Westshore 2024 Highlights

Thank you to all our participants, donors, community partners, and volunteers. The success of our event would not be possible without all of you. This year we raised an incredible total of \$61,185, which will be shared between PCFSA and Our Place Society.



Congratulations to top four Fundraising Teams! Thank you to our incredible team captains! Your leadership, dedication, and passion for helping those in need in our community is so appreciated and noted!

PCFSA Dream Team - \$5674.95

Colwood Church - \$5060.00

F45 Langford - \$4710.00

Ecole Millstream Kindness Ninjas - \$3671.00



Huge thanks to the fantastic folks at Big Wheel Burger, for their support making us their featured charity of the month.



Shout out to MOD Pizza for generously donating their delicious pizzas to all the participants of CNOY Victoria Westshore.

**Thank you to all our incredible volunteers. We couldn't have achieved this success without you!! VOLUNTEERS ROCK!**

**Thank you to our incredible photographer, Bella Zhou, Student at Pearson College for capturing so many special moments!**

**Save the date! CNOY 2025 will be taking place on February 22, 2025! We hope to see you all next year in the Westshore!**

## Volunteer's Rock – Thank you from the bottom of our hearts!



In recognition of National Volunteer Appreciation Week (April 14th – 20th), we would like to take this opportunity to extend our heartfelt gratitude to the incredible individuals who give their time, skills, and passion to support our community. Volunteers bring diverse perspectives, skills, and experiences to the table, enriching our organization and helping us fulfill our mission. Whether they are lending a helping hand at our events, wrapping gifts and delivering seasonal hampers to families in need, providing transportation and friendly visits to older adults served by our Better at Home program, or serving on our Board of Directors, our volunteers' dedication and enthusiasm make a profound difference in the lives of those we serve.

To all our volunteers, thank you for your dedication, passion, and unwavering support! We are incredibly grateful for all you do.

Happy Volunteer Appreciation Week!

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### 5 Tips for Managing Mental Health Symptoms in the Spring

Here are some tips to help you make the most of this season and improve your overall well-being (*Canadian Mental Health, April 2024*)

- 1. Spend Time Outdoors**  
One of the best things about spring is the warm weather and longer days, which means more opportunities to get outside. Spending time in nature has been shown to have numerous mental health benefits, such as reducing stress and anxiety, boosting mood and improving cognitive function. Take advantage of the nice weather by spending time outside every day, even if it's just to drink your morning coffee.
- 2. Practice Mindfulness**  
Mindfulness is the practice of being present in the moment and fully engaged in what you're doing. It's a great way to reduce stress. There are many ways to practice mindfulness such as meditation, yoga, or simply taking a few deep breaths and focusing on your senses. Try incorporating some form of mindfulness practice into your daily routine this spring.
- 3. Connect with Others**  
Spring is a great time to connect with friends and family. Social connections are important for our mental health and spending time with loved ones can help reduce stress and boost your mood. Whether it's a picnic in the park, a bike ride, or a phone call, make an effort to connect with others when you're feeling isolated.
- 4. Get Enough Sleep**  
With the longer days and more sunlight, it's important to establish a consistent sleep schedule and limit exposure to screens before bed. Aim for 7-9 hours of sleep each night to help improve your overall well-being.
- 5. Movement**  
Movement is often underutilized as a first line of defense against poor mental health. Find ways to stay active that you enjoy, such as hiking, biking, swimming, or listening to your favourite podcast and going for a walk.



PCFSA would like to send a huge thank you to our 2023 hamper sponsors! Your generosity and support helped to make the holiday season a little extra special to several families accessing our services.

**Tasha Cockett - Simply Balanced Benefits**

**Pinon Cleaning**

**Philip Bisset-Covaneiro - IG Wealth Management**

**RBC Royal Bank - Westshore Community**

**Langford Business Centre**

**Pomponio and Company**

**Erin Wright, Sande Dhillon and other community members**

**Evening Optimist Group**

*"We cannot express our gratitude enough for the Christmas gifts and your ongoing support. When they brought the hamper, it just didn't stop. There was so much. I don't know when we've had a Christmas like that. It was overwhelming and way beyond our wildest experiences. The gifts were so heartfelt and thoughtful and fun. We have never experienced such generosity from a multi generational group. It was an awesome experience. I think that we teared up a lot as we unpacked the gifts and saw the true generosity of this community. Thank you is pale in comparison to what we feel. We have never had much help. I'm not sure how we can pay this forward at this moment, but we will. Your community has made us feel so much a part. We both caught the flu somewhere around Christmas and were in no shape to celebrate and couldn't get help. Your amazing gifts were simply that. Thank you from the bottom of our hearts."*

## GROUP COUNSELLING

### Pacific Centre Family Services Association

#### YMIND

Y Mind Youth is a seven-week mental wellness program for young people, ages 18 to 30, who are experiencing mild-to-moderate anxiety or stress.

#### Substance Use – Affected By

An 8-week group for individuals over 19 years of age who are affected by a loved one's substance use.

#### Stopping the Violence

A six-week group for individuals who are over 19 years of age and have experienced, or are experiencing abuse, in an intimate relationship.

#### Suicide Loss Support Group

The Suicide Loss Support Group is monthly drop-in group that offers a safe and welcoming space for individuals over 19 who have experienced the loss of a loved one to suicide.

#### Tools for Change Group

A weekly group for people over 19 who are struggling with their own anger, communication, and conflict behaviour in relationship with their intimate partner.

#### Youth Services - LEGO Group

A fun and inclusive LGBTQ2S+ peer support group for youth. Lego Group is hosted in partnership with Westshore Parks and Recreation. For ages 13-18, with some flexibility for interested slightly younger youth (11-12).

All groups at PCFSA are free for participants. To learn more, visit:  
<https://pacificcentrefamilyservices.org/counselling/group-counselling/>

Registration is required to attend groups at PCFSA. Please contact the Intake Counsellor at 250.940.4373 or [intake@pcfsa.org](mailto:intake@pcfsa.org) to arrange an appointment.



Social Meals for Better at Home participants (Seniors Services 65+, residing in Langford and Colwood)

To learn more contact Dori at [778-677-3540](tel:778-677-3540) or [dsinclair@pcfsa.org](mailto:dsinclair@pcfsa.org).

## The Society / Membership

Pacific Centre Family Services Association (PCFSA) is dedicated to supporting our community and reflecting its needs. With the support of funders, donors, and local businesses we are able to expand access to our programs in support of our community.

PCFSA's dedicated board and staff are focused on our mission to enhance and promote the quality and dignity of life for individuals and families within the diverse communities we serve on South Vancouver Island. With a strong financial stewardship and an equally strong leadership team, we are committed to future growth and our impact in the community.

### Membership

The membership year runs from April 1 – March 31 and costs \$25.00. All membership applications must be approved by the Board of Directors before coming into effect.

**To become a member, visit our website to join.**

<https://pacificcentrefamilyservices.org/about-pcfsa/society-and-membership/>

or email our Executive Coordinator, Kara Ross at [kross@pcfsa.org](mailto:kross@pcfsa.org)

### Donate

Your donation will improve lives. Here's what your donations have helped us to do:

- ✚ 110 new individual clients received complex substance use counselling over the past six months
- ✚ Over 1500 youth received help through our youth email counselling service every 6 months
- ✚ Over 2000 individuals attend counselling and other supportive services each year

These incredible results are only possible with help from caring individuals like you. Your donation helps PCFSA encourage healthy patterns of living that improve the quality and dignity of life of individuals and families within our diverse community.

To donate visit our website at:

<https://pacificcentrefamilyservices.org/donate>