



## Housing

### Abbott Gardens

This apartment style housing is located in Cranbrook and accommodates a variety of at-risk client groups. The thirty unit complex makes available traditional, affordable housing to individuals, including seniors, who are considered to be at-risk of homelessness.

### Gatehouse Gardens

This apartment style housing is located in Kimberley and accommodates a variety of at-risk client groups. The twenty-three unit complex makes available traditional, affordable housing to individuals, including seniors, who are considered to be at-risk of homelessness.

### Kootenay Haven

Provides transitional housing and short-term support services, in a safe environment, to adult women and their children who have experienced or are at-risk of abuse, threats, or violence. The home has 10 beds and directly serves women from East Kootenay region.

### McBride Manor

McBride Manor, located in Trail, is a 9-bed residential facility for persons with disabilities. Some cooking and housekeeping services are provided.

### Molnar Gardens

This family housing complex is comprised of thirty units of one, two, three and four bedroom townhomes and is located in Golden. Rent is based on family income levels and is augmented by BC Housing subsidies to ensure access and affordability.

### Silver City Gardens

Silver City Gardens, located in Trail, is for seniors (ages 55 and older) who are able to direct their own care and whose health will be better managed by support and care within a community setting.

### Sonja's Gardens

This family housing complex is comprised of thirty-five units of one, two, three bedroom townhomes and is located in Cranbrook. Rent is based on family income levels and is augmented by BC Housing subsidies to ensure access and affordability. The complex also features two, on-site child care facilities.

For more information on how to apply for housing call 426-5222

## Rent Supplement Program

This program makes available monthly rental subsidies to low-income individuals throughout the community.

## OVERWHELMED?

Call someone who cares!

## CRISIS LINE

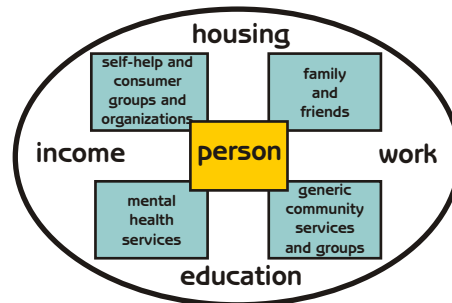
426.8407 | 1.800.667.8407

## CMHA Kootenays Membership

Make a difference to those with mental health issues by becoming a member! Annual membership is \$5 limited income; \$20 standard; and \$50 corporate. Membership privileges include voting rights, specialized opportunities to volunteer in branch initiatives, receipt of our newsletter, 'Changes', and receipt of 'Visions', a quarterly mental health journal published by CMHA BC Division.

## CMHA's Framework for Support

The Framework for Support is the central philosophy guiding the activities of CMHA. This philosophy holds that a mental health consumer is at the centre of any supportive mental health system. The Community Resource Base, shown below, outlines a range of possible resources in addition to the formal mental health system which can provide support to a person with mental health issues. Housing, income, work, and education represent four basic elements of citizenship.



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Trail 1939 Columbia Ave Trail BC V1R 1K5  
ph 250.368.5223 fx 250.368.5230  
Nelson 6-502 Baker St V1L 4H9  
Ph 250.352.5209 fx 250.352.5241

Updated Feb 9, 2009

 Canadian Mental Health Association  
for the Kootenays

Who We Are  
What We Do



## Mandate

To promote the mental health, wellness, and emotional stability of all individuals within the communities we serve.



Accredited

[www.kootenays.cmha.bc.ca](http://www.kootenays.cmha.bc.ca)

## Public Education Mental Health Promotion

We at CMHA for the Kootenays remain highly committed to, and value, the delivery and distribution of public education as this relates to the promotion of mental health, wellness, and emotional stability. We believe public education in this area is fundamental to sustaining the health and well-being of our communities. As such, we actively engage in fundraising efforts that support the delivery and distribution of mental health education promotional services in the Kootenays and, also, rely heavily on CMHA National and BC Division as a primary source for a wide variety of educational brochures.



## Child Care Programs

### Sprouts & Buddies Child Care Centre

These child care facilities are located at Sonja's Gardens and are licensed for 24 children aged birth to five years. For Applications call 426-7388 or 426-8484.



## Crisis / Suicide Intervention

### Crisis Line

The Crisis Line program provides a crisis safety net for the East Kootenay region. Through the diligence of trained volunteers, the 24 hour service fields calls that deal with a variety of mental health issues. Referrals and protocols are in place for emergencies to ensure quality assistance to callers.



## Employment Programs

### Achieve

This Kootenay wide Program is designed to assist persons with disabilities to improve and maintain their employability and their chances of being meaningfully engaged in suitable employment-related activities to the best they are able. Achieve program clientele progress through a series of services that may include: intake, planning, training, (if applicable) job-shadowing, work experience, job placement and follow-up. Effectiveness outcomes measure participant success ratios through a continuum of employment and independence achieved through full time employment, part-time employment, self-employment, or volunteer work.

## Ca'Mocha Kiosk

This coffee kiosk is located in the lobby of the Kootenay Boundary Regional Hospital in Trail. The purpose of this micro-enterprise is to generate a financial return on the Association's investment, through the sale of kiosk products. These revenues support the delivery of mental health services and foster awareness of the Association in the region.

## BC Employment Program

BCEP is a GT Hiring Solution partnership program. This program assists expected-to-work clients to obtain sustainable employment leading to independence. For the more barriered clients, the purpose is to increase their employability and community participation. BCEP services are provided to clients in the communities of Nakusp, New Denver, Silverton, Golden, Spillimacheen, Harrogate and Parsons, Invermere, Fairmont, Radium and Kimberley.

## Community Assistance Program

CAP is a Ministry of Housing and Social Development program designed to improve the quality of life and increase community participation for multi-barriered individuals served. CAP is offered throughout the West Kootenays.

## Youth Programs



### Children Who Witness Abuse

The Children Who Witness Abuse program offers individual and group support for children who have witnessed abuse in their family. The CWWA staff assists children in understanding they are not alone and encourages them to share their thoughts and feelings with others from similar situations.

### Youth Outreach and Family Support

Youth Outreach and Family Support in Cranbrook and Kimberley provide a variety of supportive services to youth and their families intended to assist youth to deal with problematic behaviors, address both visible and invisible disabilities, and to support the youth's caregiver / or foster parent in meeting the on-going needs of the youth. The purpose of service provision, is to develop maximum potential through the delivery of goal directed and solution focused support services relating to skill acquisition in demonstrating problem solving skills; successful transition to independence as appropriate; and supporting youth to be successful within the education system youth justice system, medical system, and with housing authorities.



## Partnership Opportunities

### Community Kitchens / Meeting Space

CMHA Kootenays has implemented community kitchens at some of its social housing developments. Safe, affordable space is provided for approved community user groups to prepare and cook meals. Meeting space is also available. For more info call 426-5222.

## Volunteer Programs

### Volunteer Management Services

Cranbrook 426-8019 Trail 368-5221



The focus of the Association's Volunteer Centres, with program locations in Cranbrook and Trail, is volunteer management. This is achieved, in part, through the utilization of effective recruitment and placement strategies of volunteers in non-profit agencies. Program objectives are to locate, screen, train, and place volunteers in a variety of Association and respective, community based programs as needed. Programs and services such as the Crisis Line, facilities for the aged (including the Association's Silver City Gardens supportive living complex located in Trail), and those organizations serving the frail elderly living in the community very often receive first priority in the recruitment and placement of volunteers. The program recognizes the value of volunteers and understands that volunteers are an integral part of the Association and of the Volunteer Centres.



## Women's Programs

### Transition House Services

Service delivery is for women and their children fleeing domestic violence and includes: access to shelter and three nutritious meals per day; crisis intervention and referral support; accompaniment and advocacy support services; the provision of life skills development services; in-reach services offering transitional and follow-up support services; and the provision of a child-care program to address the needs of children within the house. Additional services include: the delivery of a 24 hour staffed toll-free Helpline providing referrals to women in the East Kootenay region who are seeking Safe Homes and / or Transition House services.

### Community Outreach Services

Outreach services are also available to women in the community who are experiencing, or who are at-risk of, domestic violence. As well educational information is offered to the general community about the issue of violence against women and children and how to prevent, report, and treat this problem.

## Women's Helpline

1-800-200-3003