

# Volunteer Nanaimo



## Dates to Remember

We are CLOSED

Friday, November 11



## In This Issue

p.1 **Member of the Month:**  
*Island Crisis Care*

p.2 **Ongoing Programs**

p.3 **Angel Network**

p.4 **Youth NetWork /  
Youth 2020 Can**

## Contact Us

3148E Barons Road  
Nanaimo, BC  
V9T 4B5

Phone: 250-758-7121

Email: vn3148@gmail.com

Facebook: 'Volunteer Nanaimo'

Website:

<http://www.volunteernanaimo.ca>

Hours of Business:

Mon. to Thurs. 9 a.m. to 3 p.m.



## Member of the Month:

### Island Crisis Care Society

Island Crisis Care Society (ICCS) is a registered charity operating in the Nanaimo and Parksville areas on Vancouver Island. It helps people who have experienced adversity and homelessness stabilize and find the support services and resources in order to recover. This happens through housing and outreach programs, but also through wrap-around supports that allow clients to regain confidence, skills and well-being, allowing them to move towards recovery and reintegration.

This region's ICCS programming includes 12 programs across seven sites, addressing the needs of over 250 individuals experiencing homelessness daily.

ICCS programs support differing needs.

**Crescent House** (Nanaimo) and **Hirst House** (Parksville) provide space for 'stabilization' to clients experiencing substance or mental health crisis who need short-term care. Alternately,

**Safe Harbour**, offers such clients private rooms and home-cooked meals to support this process.

**Samaritan Place** provides supportive beds for men and women; for women, "bridge to housing" crisis beds, plus one family unit.

**Orca Place** and **Newcastle Place** offer short- to long-term supportive housing for those who may need extra support in order to live independently.

(On-site support staff)



## Island Crisis Care Society *Cont.*

Others needing more complex care, can be accommodated in **The Bridge**, which offers specialized services for people diagnosed with mental health or substance use challenges. Here, stays can last from three days to three months in order to stabilize. Next, transitional housing like **Mary's Place**, provides a stepping-stone to independent living. ICCS also provides **Outreach support** in both Nanaimo and Oceanside and access to **Subsidized Housing** for those beginning to live independently.

Beyond housing, ICCS offers clients help with gaining skills, and subsequently confidence - to then sustain this recovery. For clients ready to take steps back into community life, **Project Rise**, offers skills training and work experience placements for clients. The **Life- skills for Community Connection Program**, also supports creating new mechanisms for access to learning and skills that will lead to well-being.

ICCS programs rely on donors and partners for success, also on the skills of volunteers who work together with staff to enrich client programs. Volunteers provide support through an array of actions, including skills-teaching, driving clients to appointments or simply being there to listen and to care. Whatever they do, the care of volunteers makes a huge difference.



For more information check our website at: [www.islandcrisiscaresociety.ca](http://www.islandcrisiscaresociety.ca)

***Make a difference to the lives of seniors  
and people with disabilities in your community.***

### ***Helping Hands - 'It's the Little Things'***

The Helping Hands program helps seniors and persons with disabilities with everyday tasks. We seek volunteers with skills for the following types of tasks: de-cluttering, gardening, light housework, minor repairs, etc. You do not need to commit to volunteer regularly— just take on opportunities that suit your schedule and skills.

It is these kinds of 'Little Things' that impact lives for the better. **Find out more: 250-758-7121 or [vnhelpinghandsvolunteer@gmail.com](mailto:vnhelpinghandsvolunteer@gmail.com).**



## It's ANGEL TIME!

The Christmas Angel program provides an important service to individuals, families, and seniors in our community over the Christmas session.

We have families of all sizes, seniors, individuals, and vulnerable youth. There is no limit or minimum requirement as to how much you "need" to do, it is totally up to the Angel.



You might choose to help in one of several ways.

- ★ Plan with your family, friends or colleagues to 'Adopt' a family or individual, youth, adult, or family.
- ★ For a great alternative to adopting a family or individual, check out the Wish List to the right.
- ★ Make a monetary donation to help fulfill the wishes of Christmas Angel clients... via e-transfer to [vnanaimo@gmail.com](mailto:vnanaimo@gmail.com) or in person at our office.
- ★ **CONTACT US** at [vnanaimo@gmail.com](mailto:vnanaimo@gmail.com) or 250-758-7121.

Or check our website for updates and more information: [www.volunteernanaimo.ca](http://www.volunteernanaimo.ca).

**Volunteer Nanaimo  
Christmas Angels  
CRAFT FAIR**

**Saturday, December 3rd**

**9:30 am - 3 pm**

**Moose Lodge Hall (upstairs)**  
**1356 Cranberry Rd**

Admission by donation, includes a ticket for our raffle basket of goodies. Funds raised will be used to purchase grocery gift cards for Angel families and seniors.

## Christmas Angels Wish List:

- ★ Toiletries
- ★ Small gift cards of \$10 for groceries or restaurants (like Tim Horton's, Subway, etc.) are used to make up hampers for individuals or family members
- ★ \$15 donation towards gift card for food box
- ★ Dish towels
- ★ Umbrellas
- ★ Puzzles
- ★ Gloves
- ★ Socks

No donation is too small!

## Volunteer Nanaimo Youth Making a Difference!



### Youth 20/20 Can & Youth NetWork of Volunteer Nanaimo



**Thank you to everyone in the community who donated to our Halloween for Hunger event.**

**Your generous food donations helped make a difference in our community.**



Are you between 11-29 and looking for a fun, hands-on volunteer experience in Nanaimo that makes a difference? We have a youth program for you at Volunteer Nanaimo.

- Youth NetWork is for youth between 11 – 18 years old. Youth NetWork members volunteer at events in the community. Members also collaborate with Youth 20/20 Can members on projects and fun activities.
- Youth 20/20 Can is a youth-led project for youth between the ages of 15-29. Youth come together to share their ideas about projects, events, and activities. They then partner with community members to turn ideas into reality.

Follow our Instagram and Facebook pages  
@youth2020cannanaimo and  
@volunteernanaimo.youthnetwork.

For more information email: [youth2020cannanaimo@gmail.com](mailto:youth2020cannanaimo@gmail.com)



### Upcoming Event:

**Coats for Christmas** at Maffeo Sutton Park

Dec. 16 from 3pm -7 pm & Dec. 17 from 11 am - 3 pm

Accepting gently used coats, hats, gloves, and socks.

This newsletter is published monthly by Volunteer Nanaimo, which is solely responsible for its content.

[www.volunteernanaimo.ca](http://www.volunteernanaimo.ca)

*Editor Lois Peterson*

If you'd like to know more about anything you read here, or would like to contribute material, please email us at [vn3148@gmail.com](mailto:vn3148@gmail.com) with 'Newsletter' in the subject line.

*We gratefully acknowledge the support of the Province of British Columbia – Gaming Commission*

