

Heart to Heart

A NEWSLETTER BY ISLAND CRISIS CARE SOCIETY



FROM THE HEART

As we head into the busy holiday season, we would like to take a moment to give thanks to our staff, donors and volunteers. Each one of you helps make ICCS what it is. We couldn't do it without you.

Things have been busy at ICCS and our community programs are running strong. We organized an Open House that brought in many members of our community to learn about our programs and meet some of our staff. We have had many inspiring conversations and received some valuable input.

Coldest Night of the Year 2024 is approaching fast and we are excited to make this annual fundraiser our biggest one yet. We invite you to sign up as a walker or volunteer. It's a fun event that raises funds in support of our programs (more info on page 2).

We wish you a peaceful, calm and joyful Holiday season and all the best for 2024!

LIFESKILLS

ICCS has learned - over 30 years of providing support and care - that people who have experienced homelessness need more than just shelter; they need support to adapt, move forward, and find skills and confidence that can help them towards recovery, community connection, well-being and independence.



The Lifeskills for Community Connection program creates new mechanisms for clients to access learning and life skills that will lead to their longer-term well-being, recovery and development.

Events included special meals to clients at Newcastle Place and Orca Place to honour the National Day for Truth and Reconciliation (see photo above), sandwich making for clients and a West Coast High Tea.

For more information about our Lifeskills program visit our website at islandcrisiscare.org/ca/programs/lifeskills-for-community-connection/

PROJECT RISE

Project Rise continues to have a profound impact on those individuals in our community who have experienced barriers in their life space, and are now on their way to experiencing their fullest potential in a safe and encouraging learning environment.



"This program is the puzzle piece I needed at this point in my life."

JESSICA, PROJECT RISE PARTICIPANT



With nine participants approaching their graduation on December 15th we are excited to recognize their hard work during the 12-week program! Of course, we could not provide this important opportunity for our participants without the help of our guest facilitators, work hosts,

and funders!

Thank you once again for everyone's support of this valuable and very necessary program so that we can continue to support, guide, coach, and celebrate these amazing individuals and our future participants!



If you would like more information about the Project Rise Program and the application process for the next cohort to begin on January 8th, 2024, please visit our Project Rise program page at islandcrisiscare.org/ca/programs/project-rise/

Thank you to the following people and organizations for your support:

Field trip hosts/work placements: Pryde Visit Golf and Growing Opportunities

Guest facilitators: AVI Health, Nanaimo Disability Resource Centre, Nanaimo Brain Injury Society, Island Savings, WorkBC, Life Skills (ICCS), Tillicum Lelum and Alert First-Aid

Funders: United Way and INEO Employment Services

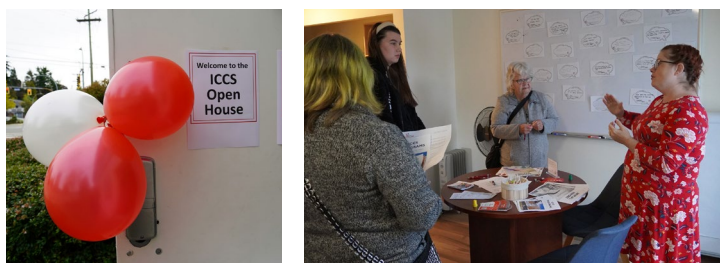
Photo above: Participants during a field trip at Growing Opportunities Farm Community Co-op (with Jesyka on the right)

OPEN HOUSE

It has been a year and a half since we moved our offices to the new location at 2025 Bowen Road, and we wanted to show our community what we have been up to.

In October, we invited the public to see our new space, learn about our programs and see the impact we have in Nanaimo and Parksville.

The event attracted many visitors interested in finding out about ICCS, our programs and to talk to staff in different departments. Many inspiring conversations were had and everyone agreed that the Open House was a big success!



From top left to bottom right: Alexis, Lifeskills coordinator, staff and visitors in the admin offices, Jenny (Development coordinator, right) talking to visitors

DONOR RECOGNITION

We are very grateful for all of the wonderful friends and donors who give generously to our programs and clients. Every donation is appreciated, and makes a positive difference. We can't mention them all, but here are a few highlights that show some of the generosity we have seen these past months.

- Mark's Work Warehouse
- Sharkare
- CFUW Nanaimo
- Marriott
- Nanaimo Native Victory Church
- Nanaimo North Rotary Club
- Joanne Iormetti & Friends
- Altrusa International of Nanaimo
- Zonta



Thank you all for your care!



From top right to bottom right: Karin Skarpnes from CFUW Nanaimo donating hygiene products for clients, John Helps (Crescent House, Safe Harbour/The Bridge manager) accepting towels for Crescent House donated by the Marriott, Altrusa International of Nanaimo dropping off care products and handmade bags

CNOY 2024

Join us for Coldest Night of the Year
Feb 24, 2024



www.cnoy.org/Oceanside
www.cnoy.org/Nanaimo

It is that time of year again! Coldest Night of the year 2024 has launched, and the time is now to register a team, walk and fundraise for this great cause!

Coldest Night of the Year happens across Canada - this time on February 24th, 2024. It is a community event, drawing individuals together to support the cause. To make it happen we also need sponsorship support from organizations that care about our communities, and want to support positive change for its most vulnerable members.

ICCS coordinates two separate walks – one in Nanaimo and the second one in Qualicum. In addition to the walk, participants are encouraged to reach out to friends and families to raise funding for ICCS programs that support people that have experienced precarious housing and homelessness. As a peer to peer fund raising event, CNOY builds on participant networks for success.

Only by working together across our community can we make a better place for all of us. We can't wait to see your chilly faces and warm hearts again next year!!!

Sign up at cnoy.org/Oceanside or cnoy.org/Nanaimo



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