

FALL ISSUE - OCTOBER 2024

# RESOURCES

## COMMUNITY NEWS UPDATE



## Intermission

A REFLECTION ON OUR MISSION

Close to 70% of mental health concerns in Canada begin in childhood and/or teen years. However, less than 25% of youth are receiving the mental health services they need. In the last issue, we shared that SOURCES has been selected to lead the development of Foundry South Surrey, a FREE walk-in health & wellness centre for young persons. We are pleased to officially kick off our fundraising efforts for the centre with our signature event, Rock Around the Clock - A Sources Sock Hop, happening Nov 2. For more info on Foundry, visit [FoundryBC.ca](https://FoundryBC.ca).

In the past three months, Legal Navigation, Peer Support and many other SOURCES programs connected with individuals needing support. Our 2024 Annual General Meetings had record attendance this year - a testament to our connection with the community. We have many more updates in the following pages and hope you enjoy reading!

Our [Annual Report 2023-24](#) is now available on our website.

Our offices are located on the lands of the Semiahmoo, Kwantlen, Katzie and Tsawwassen First Nations in the Lower Mainland; the Lheidli T'enneh First Nation in North Central, Treaty 8 Territory on the lands of the Dane-zaa peoples in the North East, and the Snaw-Naw-As First Nation on Vancouver Island.



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## A GIFT FOR FUTURE

There are various ways to leave a legacy and continue supporting Sources programs beyond your lifetime.

TO KNOW MORE, CONNECT WITH JANET WELCH.  
CALL 604.542.7593  
EMAIL [JWELCH@SOURCESBC.CA](mailto:JWELCH@SOURCESBC.CA)





Sources Parksville team raises close to \$3K  
at the Parksville Beach Fest Event.



Tina Rasmussen, Executive Coordinator, receiving  
the cheque

Sources North team attended a back-to-  
school barbecue hosted by Nenah Family  
Services in Fort St John.



Karen Cameron, Emily Gallen and Claudette Whyte  
(Behavior Support Services team)

## Growth From Within

PROGRAM UPDATES



### SOURCES CLIENT UNVEILS STREET LIBRARY

Our staffed home, Chestnut House, recently hosted a ribbon cutting ceremony for Braden's street library. Braden is one of the residents at the home and has been looking forward to creating a sharing place for books.



### EMERGENCY RESPONSE MEETING

Shannon Kapoor, Safety & Wellness Manager, led a discussion on Sources' emergency response protocol with COO Kelly Ridding; Janet Welch, Philanthropy & Communications Manager; Katelyn Reid, Information & Policy Manager; and Rafael Macedo, IT Manager.







SOURCES is a finalist in Peace Arch News  
Reader's Choice Awards:  
Best Mental Health Provider  
Best Non-Profit Organization



SOURCES has been nominated for the  
Non-Profit of the Year  
Clovies award.



**BC THANKSGIVING FOOD DRIVE**

We are grateful to The Church of Jesus Christ of Latter-Day Saints (LDS) for once again coordinating the food drive for our White Rock/South Surrey and Langley food banks. This year, over 24,000 lbs of food donations was collected.



**NEWTON RESOURCE CENTRE CONNECTS WITH COMMUNITY**

The Advocacy, Housing and Legal Navigator teams participated at an event for newcomers in Canada. They connected with individuals in need of supports to help them settle in BC.







Drug Checking Spectrometer is now available at Peace Point OPS on Fridays, Saturdays and Sundays.



## FREE & SAFE DRUG CHECKING

KNOW WHAT'S IN YOUR DRUGS

### DRUG CHECKING SPECTROMETER\*

Friday 6:00 PM to 10:00 PM  
Saturday 10:00 AM to 4:00 PM

### AT PEACE POINT OVERDOSE PREVENTION SITE

Russell Annex Building  
15521 Russell Avenue, White Rock, BC

\*Checks for a variety of substances. Test strips to detect fentanyl also available.

### Morgan Office's Team Day at Redwood Park



### FASD AWARENESS MONTH

Our Fetal Alcohol Syndrome Disorder (FASD) team helped raise awareness about FASD at a family event in Surrey. To learn more about FASD, [click here](#).



### INTERNATIONAL OVERDOSE AWARENESS DAY 2024

On International Overdose Awareness Day, our Peer Support team gathered at Memorial Park, White Rock, to honour and remember those lost to the overdose crisis. Community members with lived and living experience shared stories, followed by a walk along the pier.







### Community Leaders at the AGM



Marlyn Graziano (Board Chair, Sources Foundation), Chief Harley Chappell (Semiahmoo First Nation) and Adrianna Spyker (Board Chair, Sources Community Resources Society)

Program managers from all SOURCES locations came together for an in-person training, "Leading through Relationships," by Justice Institute of BC.



### ANNUAL GENERAL MEETINGS 2024

This year's Annual General Meetings (AGM) had record attendance of 100+ participants from the community. We are thankful to Dr. Steve Mathias, Co-Executive Director at Foundry, for his time as our keynote speaker. Our heartfelt gratitude to Chief Harley Chappell for a very moving welcoming address. Read more on Foundry and our AGM [here](#).

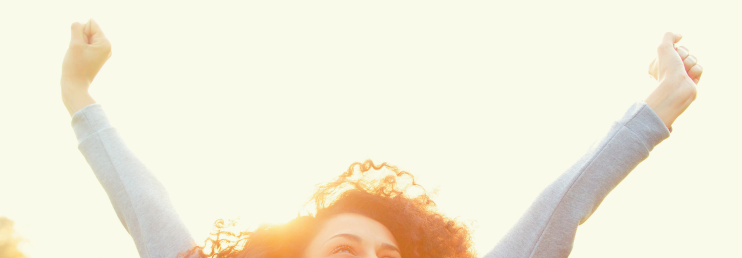


### EMPOWERED FOR EMPLOYMENT MOVES TO A NEW OFFICE

The Empowered for Employment program has relocated to 204A - 15252 32 Avenue, Surrey BC. You can also reach them at 604.262.4858.







## Welcome to SOURCES!



**LYNN SEABROOK** joined us as Foundry Project Lead. She is of Sioux First Nation ancestry from her mother's side raised in a small Northern community known as South Porcupine.

For the past 35 years, she has lived in BC and has been working in First Nations Health for over 20 years. Prior to joining Sources, Lynn was the Indigenous Patient Experience Lead with PHSA. Lynn was the Founder/Executive Director of a CARF Accredited Licensed Mental Health Substance Use Residential Treatment Program for Indigenous Female Youth. She was recognized with awards for her First Nations Leadership in Business Excellence and Inclusive Environment. When Lynn is not teaching her weekly Youth Pow Wow Class she is playing ball with her two fur babies (a golden retriever "Ohana" and golden doodle "Mahalo") gardening and quilting.



**MICHELE HOLMAN** is our newest FASD keyworker. She has already connected with FASD Keyworkers from other agencies, participated in community events representing Sources, as well as launched a weekly FASD newsletter. Michele's caseload is growing fast. Families are reaching out to her asking for specific resources and support. With Michele on board, our FASD team is blooming!



**FAITH FERREIRA** started her clinical practicum with Sources Trauma Counselling program. She has a background in social work and is currently completing her Master of Counselling at Adler University. In her spare time, she enjoys being active and spending time outside with her dogs.

We also welcome  
Kirenpreet Padda, Accounting Clerk, to the Morgan office!





## Truth and Reconciliation

### OUR JOURNEYS, OUR STORIES

On September 21, Alexandra Neighborhood House hosted a significant reconciliation event aimed at fostering understanding and healing within the community. “As we aspire to Allyship, Alex House is making amends for the past wrongs, in order to move forward with the Semiahma in a good way.” The event saw a diverse group of attendees, including local residents, community leaders, and representatives from various Indigenous communities and Sources staff.

#### Intended Outcome

The primary goal of the event was to promote dialogue and understanding between Indigenous and non-Indigenous community members. Through a series of workshops, storytelling sessions, and cultural performances, the organizers aimed to educate attendees about the history and ongoing impacts of colonization, while also celebrating Indigenous culture and traditions. The event sought to build bridges, foster mutual respect, and pave the way for a more inclusive and harmonious community.

#### Event Highlights

The day was filled with meaningful activities, including:

- **Traditional Welcome and Acknowledgment:** The event began with a traditional welcome and land acknowledgment by Chief Harley Chappell, setting a respectful and reflective tone for the day.
- **Cultural Performances:** Attendees were treated to traditional drumming, singing, and dancing performances, which highlighted the rich cultural heritage of the Indigenous peoples.
- **Storytelling Sessions:** Elders from the Indigenous communities shared stories and personal experiences, providing deep insights into their history and culture.

#### Conclusion

The reconciliation event at Alexandra Neighborhood House was a significant step towards healing and building a more inclusive community. By fostering dialogue and understanding, the event helped lay the groundwork for ongoing reconciliation efforts in South Surrey and beyond.

“Events like these are crucial for building understanding and respect.

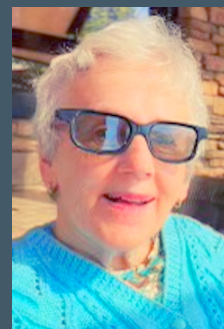
It’s heartening to see so many people come together with open hearts and minds.”

CHIEF HARLEY CHAPPELL,  
SEMAIHMUO FIRST NATION

## In Loving Memory of

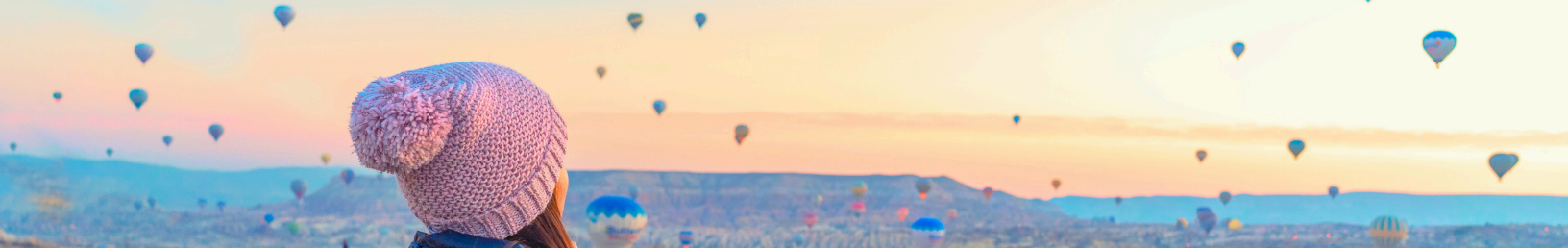


Rochele Strano  
1968-2024  
Peer Support Team



Margaret Willson  
1937-2024  
Shop By Phone  
Volunteer





## Looking Ahead

### UPCOMING EVENTS AND AWARENESS DAYS



**SOURCES**  
FOUNDATION

**WIN CASH**

# 50/50 Raffle Draw

*Buy Your Tickets Today!*





**Rock Around the Clock**  
A SOURCES SOCK HOP  
Co-Provided By  
save on foods Scotiabank

**Winner takes half the jackpot**

The other half will benefit the development of Foundry South Surrey, a free walk-in resource centre for young people.

**FOUNDry**  
SOUTH SURREY



2 Tickets for \$25  
6 Tickets for \$50  
20 Tickets for \$100  
60 Tickets for \$200

Scan QR code to buy tickets or visit  
[Trellis.org/RockAroundTheClock](https://Trellis.org/RockAroundTheClock)

DRAW OPENS OCT. 1  
DRAW CLOSES NOV. 28 @ 11:59 PM  
DRAW HAPPENS NOV. 29 @ 12:00 PM

This space is  
generously donated by **SURREY NOWLeader**

Actual odds depend on the number of tickets sold. BC Gaming Event Licence #154615  
Problem Gambling Help Line 1-888-795-6111  
[GamblingSupportBC.ca](https://GamblingSupportBC.ca)

Know Your Limit. Play within it. 19+ to play.

**COMING  
SOON**

SILENT AUCTION  
OPENS OCT 21

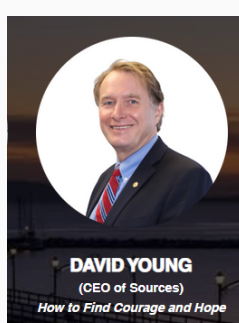
[SHOP HERE.](#)

OCT 16



WORLD FOOD DAY

NOV 16



DAVID YOUNG  
TEDX WHITE ROCK

NOV 25



THE INTERNATIONAL DAY FOR  
THE ELIMINATION OF  
VIOLENCE AGAINST WOMEN

DEC 03



INTERNATIONAL DAY OF  
PERSONS WITH DISABILITIES

DEC 10



HUMAN RIGHTS DAY

IF YOU'D LIKE TO SUPPORT  
SOURCES' WORK, PLEASE  
DONATE [HERE.](#)