

ISSUE 12 - FALL - OCTOBER 2026

RESOURCES
COMMUNITY NEWS UPDATE

SOURCES
COMMUNITY RESOURCE CENTRES

Message From the President & CEO

As we settle into fall, we celebrate a season of growth, community connections and meaningful impact at Sources.

Over the past few months, we expanded our services to better meet the evolving needs of our communities. From introducing mental health counselling for veterans in Oceanside and Nanaimo to launching new behaviour support services for young children and strengthening our Food Bank operations, we remain committed to ensuring individuals and families can access the support they need.

Our Annual General Meetings in September provided an opportunity to reflect on another year of impact and celebrate the collective efforts that make our work possible.

We are deeply grateful to our donors, volunteers, community partners and supporters whose generosity and commitment help us reach more people and strengthen the communities we serve.

Thank you for being part of the Sources community and for helping us make a lasting difference.



David MacIntyre MSW, MSM
President & CEO

SOURCES COMMUNITY RESOURCES SOCIETY
SOURCES FOUNDATION

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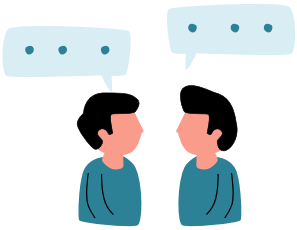
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Our offices are located on the lands of the Semiahmoo, Kwantlen, Katzie and Tsawwassen First Nations in the Lower Mainland; the Lheidli T'enneh First Nation in North Central, Treaty 8 Territory on the lands of the Dane-zaa peoples in the North East,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



SOURCES
COMMUNITY RESOURCE CENTRES

VETERAN'S MENTAL HEALTH COUNSELLING PROGRAM



SERVING OCEANSIDE AND NANAIMO

Are You Experiencing:

- Depression
- Anxiety
- Trauma-related symptoms
- Difficulties with emotional regulation
- Relationship challenges

Our Services:

- Free of cost, low-barrier
- Adults 20 years of age and older
- Serving Nanaimo & Oceanside
- Up to 15 sessions (bi-weekly or monthly sessions)

We also provide support in connecting veterans to community resources such as crisis support, housing, health, food security, and other essential services.

Contact Us:

(250)-927-3566
www.sourcesbc.ca
198 Morison Ave., Parksville BC

United Way British Columbia

This project is funded by the Government of Canada. Canada

Our volunteers are the backbone of many Sources programs and we recently celebrated them at this year's Volunteer Appreciation event.



Growth From Within

PROGRAM UPDATES

Oceanside Offers New Service for Veterans

Our Oceanside team, led by Program Manager Graham Smith, is now offering free mental health counselling for veterans experiencing or at risk of homelessness. The Veteran's Mental Health Counselling program is available in Nanaimo and Parksville to former members of the Canadian Armed Forces and RCMP. For referrals or questions about the service, please contact Graham at GSmith@SourcesBC.ca.

New Program for Children Aged 0-5 Years

The Child Development Services at Oceanside has started a new Behaviour Support Program with Consultant Kylea Smith. Kylea provides information and strategies on challenging behaviours, parenting, attachment, co-regulation, connection and social communication (0-Kindergarten age children).

Food Bank Adds Refrigerated Truck to Fleet

Thanks to a generous grant from Food Banks Canada, our Food Bank was able to purchase a new 2025 Isuzu three-ton refrigerated truck. This important addition has made our drivers' jobs safer and more efficient while strengthening our ability to safely transport and distribute food to people in our community.







DAVID MACINTYRE
SOURCES PRESIDENT & CEO

David MacIntyre has been named Chair of the Workforce, Community & Inclusive Growth Committee, an advisory committee of the Surrey & White Rock Board of Trade (SWRBOT). David will help bring together diverse perspectives, encourage meaningful dialogue and identify opportunities for advocacy that supports a stronger, more inclusive community.



We are proud to support the Canadian Walk for Veterans White Rock as a sponsor. At the walk, David MacIntyre said the organization is working to expand Veteran's Mental Health Counselling pilot to other BC cities.

Celebrating Another Year of Community and Impact

Thank you to everyone who joined us for our Annual General Meetings on September 22 at Hazelmere Golf & Tennis Club. It was wonderful to welcome longtime supporters, community partners and those who came to learn more about SOURCES and the work we do together. Our AGMs provided an opportunity to reflect on the past year, celebrate the stories and milestones made possible through the dedication of our staff, volunteers, donors, partners and community, and look ahead to the work still to come. View here.



See the Impact. Discover Support. Share Resources.

Our Annual Report is more than a look back at the past year. It's a valuable resource for understanding the breadth of services and support available through SOURCES. Inside, you'll find stories of impact, program highlights and information about the many ways we support individuals and families in our communities. It can also be a helpful starting point for someone looking for support or for anyone who wants to connect a friend, family member, colleague or neighbour with services they may need.

Read our Annual Report here.

Learn more about our fundraising arm, Sources Foundation here.



Dolly Parton-themed Choir Not Choir sing-along





Sources is proud to support community partner Dylan Van Rooyen, Vice President of the Surrey Fire Fighters' Charitable Society, at their Surrey Showdown in support of youth services.

Singing for the Love of Reading

Peninsula United Church's Dolly Parton-themed Choir Not Choir sing-along raised close to $1,500 in support of Dolly Parton's Imagination Library for White Rock/South Surrey children. Thank you to everyone who attended and helped make the evening such a success! You can also help put more books into the hands of local children and inspire a lifelong love of reading. Donate here.

A Heartfelt Thank You to Our Community

The Annual BC Thanksgiving Food Drive, organized by The Church of Jesus Christ of Latter-day Saints, brought an incredible outpouring of community support to our Food Banks. The White Rock Food Bank collected close to 19,000 lbs. of donated food, while our Langley Food Bank collected approximately 13,000 lbs. A heartfelt thank you to the Church and all the community members who generously donated and helped make these drives such a success!

BC Newcomers Settlement Program in the Community

Sources Settlement Worker Lily Chan supported newcomers to BC in participating in the White Rock & South Surrey Culture Crawl, an event that brings people from diverse backgrounds together to share and celebrate their cultures, traditions and stories.



Soroptimist International of White Rock is inviting women to apply for a $1,000 cash award to support their additional schooling or skills training. If this opportunity could benefit you or someone you know, please consider applying or sharing it with someone who may be interested.

Click below to view the application.

READY TO BEGIN a new life?

live YOUR dream
education & training awards for women®

The Soroptimist *Live Your Dream: Education & Training Awards for Women* program has been helping women around the world since 1972. This program provides cash awards to women who are working to better their lives through additional schooling and skills training.



You are eligible to apply if you:

- ☐ are a woman with primary financial responsibility for yourself and your dependents
- ☐ are enrolled in or have been accepted to an undergraduate degree program or a vocational skills training program
- ☐ have financial need

Scan the QR code to apply or contact:

Soroptimist International of White Rock

Name: Sharon Greysen Email: sgreysen@shaw.ca

Phone: 604-710-6854 Online: soroptimistwhiterock.ca

Club Application Deadline: November 15 2026 Amount of Club Award: $1000

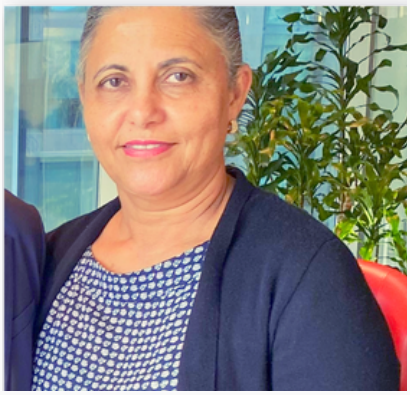
Notes: Application is online- use the QR code above. Call or email for more information.

SOROPTIMIST® Investing in Dreams

LIVE YOUR DREAM.ORG. powered by SOROPTIMIST



Archway House Surrey celebrates two incredible staff members who have each reached 30 years of service! As two of the program's original team members, their dedication and commitment have helped shape Archway House over three remarkable decades.



Kulwinder Kang,
Community Living
Support Worker



Vinder Biln
Program Manager,
Archway House

SUPER CONGRATULATIONS TO THE WINNERS OF THIS YEAR'S:

Attitude is Everything Award
Kathy Masih, Life Skills Centre, Surrey

Leading the Way Award
Layne Tudor, Behaviour Intervention Services, Fort Nelson

You Make the Difference Award
Susan Sellick, Housing Services, Surrey

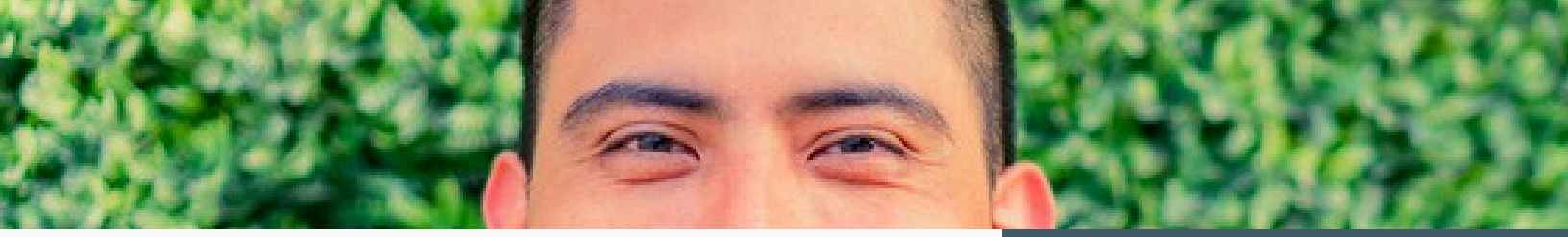
Occupational Therapist Paige Lund is now a Certified Lactation Consultant!

Congratulations to Megan Mills on her new full-time role as Behaviour Consultant! Megan has been a valued member of our team as a Keyworker for nearly two years.

Congratulations to Behaviour Consultant Gianina Nava on beginning her Master's in Applied Behavior Analysis at the University of West Florida as she works toward her BCBA certification!

Congrats ON YOUR milestone!

Lyrae Lehtonen
Heather McDonald
Jennifer Burton
Devinder Sekhon
Suman Gill
Kathleen Reeve
Julie Snowden
Gabrielle Cameron
Shalini Prakash
Lisa Liwanag
Min Ah Lee
Colleen Murnaghan
Michael Patiag
James Gonzales
Jason Kennedy
Raman Sandhu
Sarah Berry
Tawnia Dales
Grace Alejandro
Andrea DeWolff
Nita Macalinao
Leonora Galvez
Soha Sarraf
Michael Irshad
Erin Friday
Melanie Ringer
Ceasar Engracia
Shayna Twamley
Harminder Wadyal



Truth and Reconciliation

OUR JOURNEYS, OUR STORIES

On September 30, many Sources staff across our service locations joined community events to mark the National Day for Truth and Reconciliation, honouring residential school Survivors and remembering the children who never returned home.

In the Lower Mainland, Executive Director of Philanthropy & Communications Amanda McNally attended the Semiahmoo First Nation's Truth and Reconciliation Walk in White Rock. Amanda shared how moving it was to see the community come together and hear from Phyllis Webstad, whose personal experience inspired Orange Shirt Day and its message: Every Child Matters.

The day served as an important reminder that reconciliation extends beyond September 30. It is a continuous commitment to listening, learning, building respectful relationships and taking meaningful action.

Learn about Phyllis Webstad's experience and how one orange shirt became a powerful symbol of remembrance and reconciliation.



White Rock Mayor Megan Knight shares a lighthearted moment with Semiahmoo First Nation Chief Harley Chappell.



Guest speaker Phyllis Webstad addresses attendees.



Executive Director of Philanthropy & Communications Amanda McNally (bottom right) with community members at the walk.



Looking Ahead

UPCOMING EVENTS AND AWARENESS DAYS



- 3 TICKETS FOR $20
- 10 TICKETS FOR $50
- 30 TICKETS FOR $100

LAST CHANCE TO BUY: NOVEMBER 15 AT 11:59 PM
DRAW: NOVEMBER 16, 2026, AT NOON



SIGNIFICANT DAYS IN NOV AND DEC

NOVEMBER 2026

Nov 1–30 – Indigenous Disability Awareness Month
Nov 5–11 – Veterans' Week
Nov 8 – Indigenous Veterans Day
Nov 11 – Remembrance Day
Nov 20 – Transgender Day of Remembrance

DECEMBER 2026

Dec 3 – International Day of Persons with Disabilities
Dec 6 – National Day of Remembrance and Action on Violence Against Women
Dec 21 – Winter Solstice
Dec 25 – Christmas Day
Dec 26 – Boxing Day
Dec 31 – New Year's Eve