



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY
SOCIÉTÉ BRITANO-COLOMBIENNE DE LA SCHIZOPHRÉNIE
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAÏDE.

A Registered B.C. Non-Profit Society

VICTORIA BRANCH
941 Kings Road
Victoria, B.C. V8T 1W7
Phone: (250) 384-4225
Fax: (250) 388-4391
Email: admin.bcscs@shaw.ca
Website: www.bcscsvictoria.ca

BCSS – Victoria serves people with serious mental illness, family members and caregivers affected by Complex Cognitive Disorders (Schizophrenia, Bipolar Disorder, Psychosis) with/without addictions.

Are you a family member or caregiver needing support, information, education? Person exploring recovery? We offer a number of services to meet your needs. [Call for more information or view our website.](#)

- **Family Peer Support:** Meet or speak to another family member who “has been there” 1:1 support over a 6 month period
- **Strengthening Families Together Course (formerly “Family to Family”):** 10 week free education course – Canadianized content adult oriented, offered to family members, spouses and caregivers Facilitated by trained Family Peer Workers
- **Short Term Family Counselling:** Meet with our Social Worker for solution-focused counselling (Up to 6 free sessions) Typical issues explored: Navigating the system, coping/ stress management, exploring loss, grief hope, family dynamic issues related to experiencing illness in the family system.
- **EPI Family Support Group:** For families with a member with First Episode Psychosis. Come and learn about psychosis, coping and receive mutual support. Cofacilitated by Jan Kiraly, Early Psychosis Intervention Program Nurse and Hazel Meredith, Executive Director of BCSS – Victoria.
- **Respite/Outreach:** For primary caregivers of someone (child or adult) with a complex cognitive disorder (Schizophrenia, Bipolar, Psychosis) who need a “planned time off”. Please note this is not a crisis service.
- **Kids In Control:** For children who have a parent, sibling or caregiver who has mental illness. Children will learn over the 8-week period to identify and speak about emotions, connect with other children who have a common experience in a fun environment. “Journaling” will be introduced. Facilitated by professional with Art Therapy specialisation. “Fun” food provided.
- **Peer Support:** For persons with a mental health issue to explore Recovery and goal setting with a fellow trained peer support worker. Kindling hope!
- **Memorial Fund:** For families/people with serious mental illness to attain funding for special needs and education.
- **Families With Hope:** A support group for families and their loved ones in recovery to come and gain insight and share experiences. Facilitated by a family that understands.
- **Recovery & Hope Support Group:** A support group for people with schizophrenia and other related mental illness.

Other services provided by BCSS Victoria:

Resource Library: Videos, DVDs, books and periodicals. Internet available for research. TV and equipment available on site.

Partnership Presentations: Individuals or panel speakers bureau available (person with a serious mental illness, family member, professional)