

*celebrating*

**30 Years**  
**OF MENTAL HEALTH**

# OPEN HOUSE

**SATURDAY**

NOVEMBER 19, 2022

1:00PM-4:00PM



AUTUMN 2022 NEWSLETTER

**EUREKA TIMES**





**History of Eureka**

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**Thanks to Supporters**

## **a brief history**

In 1992 a group of community members including persons with prevalent mental health diagnoses and workers with the Crossroads Crisis Centre joined together to begin what would become Eureka Support Society based on a clubhouse model called “The Fountain house” in New York.

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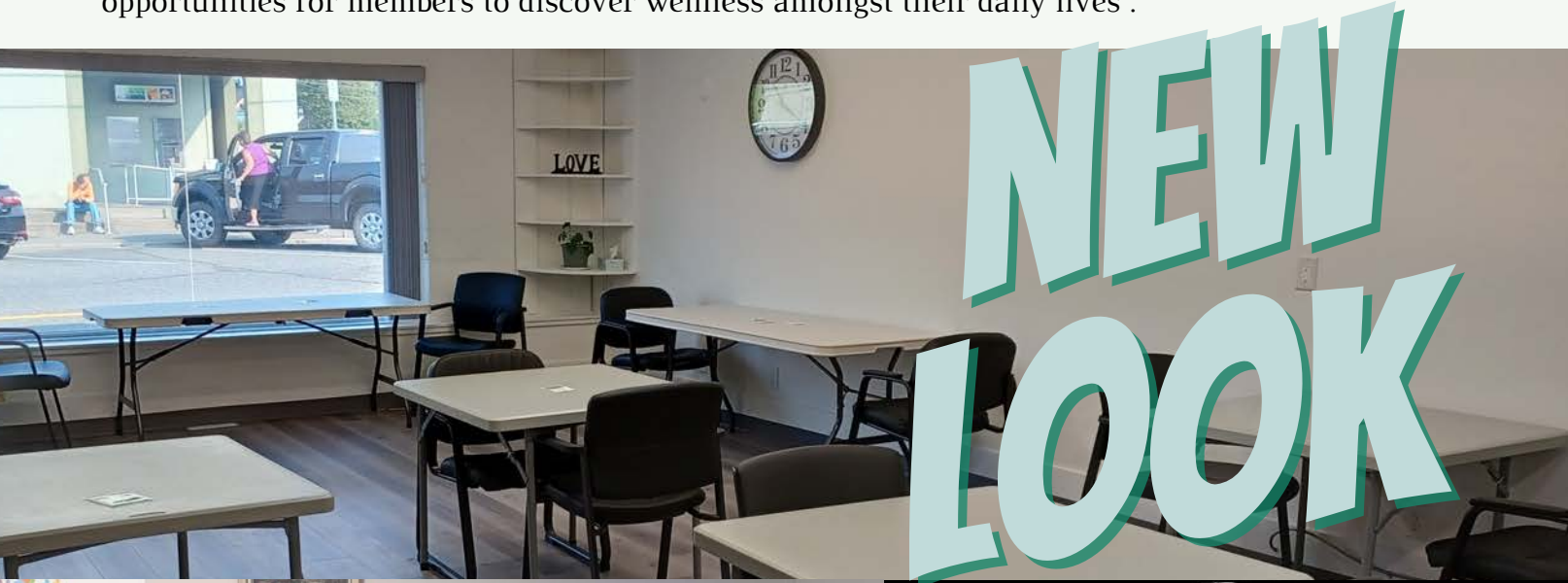


A building was located and the Eureka clubhouse was born, a place where individuals with persistent mental health diagnoses could find refuge, regroup, learn skills, and grow themselves toward their desired life.

The clubhouse was first located on Cliffe Avenue in a building that was once a funeral home and then a non-profit society known as The Comox Valley Association for Mentally Handicapped People. At that time, the clubhouse received a grant from the health authority to assist in building a kitchen, put in a second bathroom and increase the number of windows. Many excellent programs were initiated that were both educational and recreational.

The clubhouse remained a tenant of the Comox Valley Association for Mentally Handicapped People for ten years before moving locations until fundraising and good budgeting enabled putting a down payment on our building on 4th Street in Courtenay. With the help and support of many community partners, and after completing some renovations, Eureka and members had found a permanent place to settle in and continue the work of mental wellness in the Comox Valley.

This is where Eureka is today, continuing the legacy of the visionaries before us, with many activities and programs looking much like they did in the beginning as well as many new opportunities for members to discover wellness amongst their daily lives .





# Weekly PROGRAMS & ACTIVITIES

## MONDAY

**10:00am** Walking Group  
**11:00am** Puppet Comedy  
**1:00pm** Mindfulness Relaxation Meditation

## TUESDAY

**10:30am** Karaoke Jam  
**12:15pm** Meditative Marks  
**1:00pm** Exploring Qi Gong

## WEDNESDAY

**10:00am** Walking Group  
**1:00pm** Drum Circle  
**2:00pm** Music Jam Mash-up

## THURSDAY

**10:30am** Mindfulness  
**1:00pm** Knitting row by row  
**2:00pm** Darts Team

## FRIDAY

**10:00am** Yoga with Hilary  
**12:15pm** Meditative Marks  
**1:00pm** Book Club  
**2:00pm** Dance Class

## ANYTIME ACTIVITIES

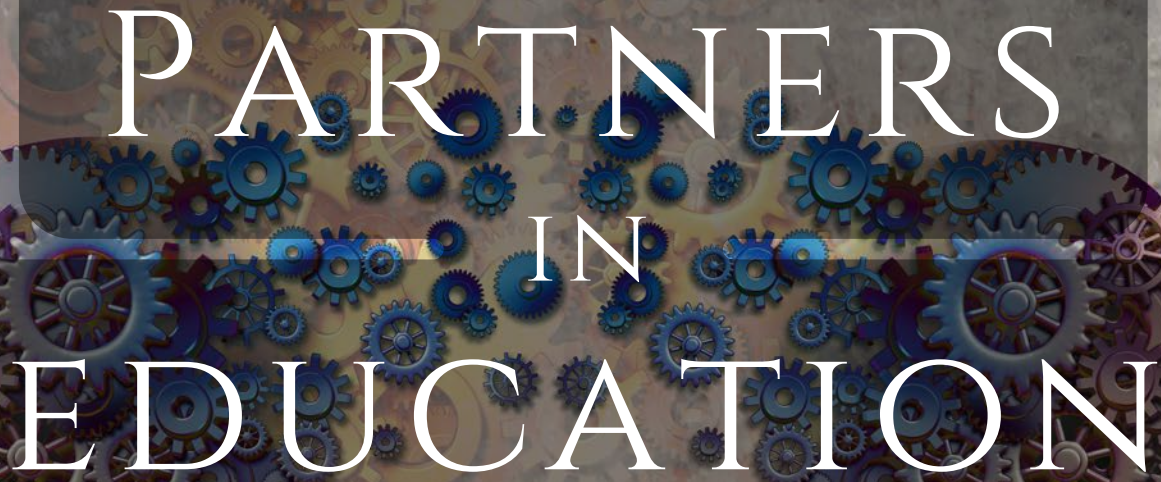
Eureka also has an extensive list of anytime activities available during clubhouse hours

Monday-Friday 9am-3pm

Remember the rules of the clubhouse and have fun.

**Chess - Card Games - Scrabble - Yahtzee - Farkle - Puzzles - Kendama - yoyo -  
Listen to Records or CDs - Play Drums or Keyboard - Hand Drums - Guitar -  
Paint - Coloring - Crafting - Reading - Rowing Machine - Relaxation -  
Meditation**





# PARTNERS IN EDUCATION

**Together we learn. Together we find wellness. Together we are better.**

Since beginning mental health supports for members, Eureka has made a priority of creating opportunities for others to learn. Not only are members able to gain insight, knowledge, and understanding into mental health conditions and beneficial practices, but many students have participated in practicum and other field education experiences at Eureka. From nursing to social work, many students have benefited from both supporting members and participating in programs as well as providing new insights for Eureka to learn from them. After a hiatus, we are back working with students. This fall has seen short term field opportunities through programs at North Island College and a longer term daily practicum placement for Jay Arends, a Bachelor of Social Work student from the BSW program at UVIC. Here's what Jay has to say about her experience with us so far:

*"I am very grateful to have had this learning opportunity at Eureka Support Society the last couple of months. I have gained so much in knowledge,*

*friendship, and community while being here. One of the biggest takeaways from my placement is the importance and impact of community. Through the activities provided by Eureka, members are being provided with community. This is very important for healing and dealing with chronic mental health*

***"Through the activities provided by Eureka, members are being provided with community. This is very important for healing and dealing with chronic mental health conditions."***

*conditions. The sense of community found at Eureka is a true open friendship where members listen and support one another. I hope to continue to be part of this community after my practicum ends. I learnt more first hand from members and their experience of mental health*

*and support systems within the valley than I could ever have any textbook."*

While Jay wraps up her placement in December, we are now also working together with the nursing programs at North Island College and have students coming into the clubhouse on a regular basis to build relationship and offer some of their learning to benefit members and staff alike.



Eureka has four main pillars of programming that we continually seek to engage members with and use as a focus for opportunities for those interested. These pillars are Vocation, Education, Recreation, and Social.

Every activity and program is measured against these standards and must fulfill at least one of the four to become a regular part of our normal schedule. The information provided in this

document reflects our intent and development of our Vocational Training program offerings for the benefit of members by creating a process through which it may be possible to prepare for employment outside of the clubhouse setting.

# Vocational Programs

Our vocational training programs are designed with the concept of Individual Planning and Support for employment training and possible employment opportunities after participating in training activities. IPS is an evidence-based process to engage potential employment for adults experience severe mental health conditions.

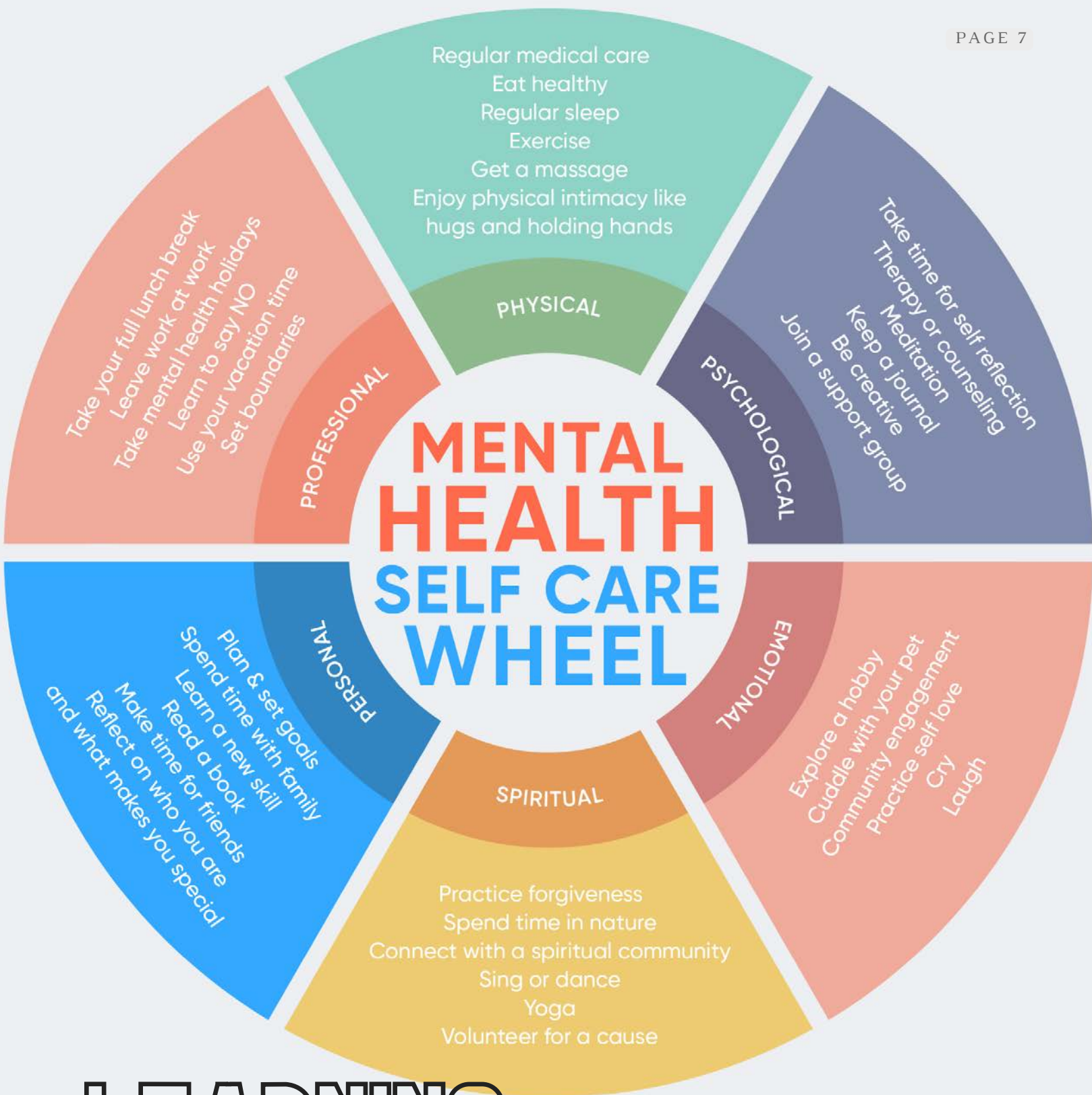


The benefits of employment help develop knowledge and skills, improve self-esteem, increase independence, autonomy, social opportunities, and community integration.

We have designed, and are continuing to develop, short term learning opportunities through 6 and 8 week courses to learn skills helping in many employment settings and skills to prepare specifically for developing skills in kitchen settings to support potential interest in work or in personal development to encourage self-sufficiency wherever each person feels comfortable doing so.







# LEARNING

# DOING

# BEING

SPECIAL  
**THANKS**  
TO:



# island health



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REGIONAL DISTRICT



COMOX VALLEY  
COMMUNITY  
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Enriching life in the Comox Valley Forever



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*Lilly*



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