

EmotionsBC - Supporting Families and Caregivers in Mental Health Across BC

Peer Support That Changes Lives

‘Helping Families Thrive’



Incorporated in 2018
Charity #728239112 RR0001

WHY

Our Why

Our mission is to **improve emotional health** and **wellbeing** for **families and their loved ones**.

We do this by providing **peer support** and **skills education** to **families and caregivers** who **have loved ones facing mental health challenges** and **mental illness**.

Above all else, we exist to **reduce isolation** and provide families with **hope for change** because we've experienced this first hand and understand how painful this is.

**WE ENGAGE THROUGH WORKSHOPS, OUTREACH PROGRAMS,
HEALTH CAMPAIGNS, AND COMMUNITY EVENTS**



Our Guiding Ethics + Values

- **Lived and living experience** is at the heart of everything we do
- We lead with **compassion, empathy, and awareness of judgment**
- We believe **community** is the key to change — no one should feel alone
- **Emotional awareness** and **skill-building** helps bring confidence, fulfillment, and ease into people's lives
- We are committed to **equity, diversity, and inclusion**
 - Every person deserves respect and equal access to support
 - We are stronger because of our different backgrounds and perspectives



Our Goals

- To fill a service gap with low to barrier-free supports (free and accessible) to improve wellness; and
- To reduce accessing emergency-based community services; and
- To share the importance and effectiveness of emotional health and wellbeing in family households, schools, workplaces in communities across BC

Why is this Important to Us?

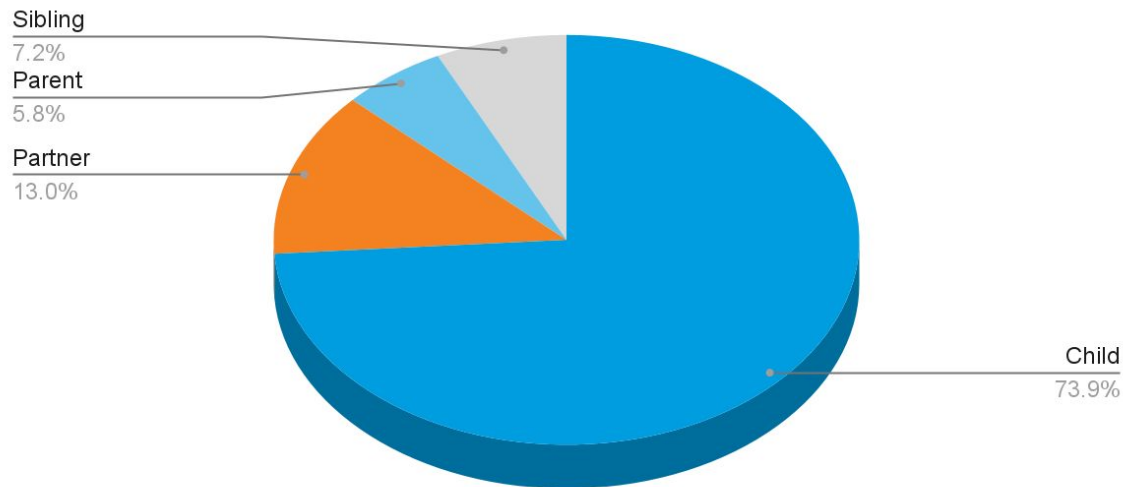
- Act as a subsidy for family programs and their loved ones in health authorities, MCFD, and other government funded programs
- Reduce resources (financial, human and energetic) to support mental health related situations (triaging and referring to mental health professionals) - this means emergency hospital visits, police, and general practitioners (also better for individuals to mitigate further trauma)
- Start building healthier communities through community collaboration and outreach, education and continuation of care systems to prevent or lessen the chances of individuals' mental health worsening and re-entering into the community health system



WHO

Who We Serve

I am here for my...



In the last **three sessions** of our Essential Skills Programs alone, **74% of participants reported they were attending as a parent of a child facing mental health challenges. When asked about their loved one's age, 41% reported having youth ages 12-24 and 57% reported having adult children over the age of 25. The remaining 2% had children under the age of 12.**

Our groups and programs have been designed for anyone (18+) who:

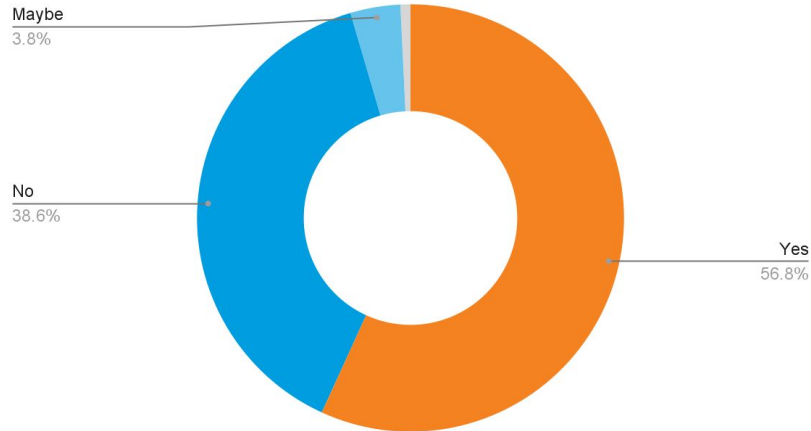
- has lived experience with having a **loved one** (child, spouse, parent, etc) who is facing mental health challenges/mental illness; and
- is seeking support and skills in relation to their loved one, *not* for their own mental illness/diagnosis
- has thought “I don’t know what to do anymore...” or “I can’t cope with the stress...” or “I just don’t understand...” or “I feel so alone in what our family is going through...”

The Evidence Behind Our Need

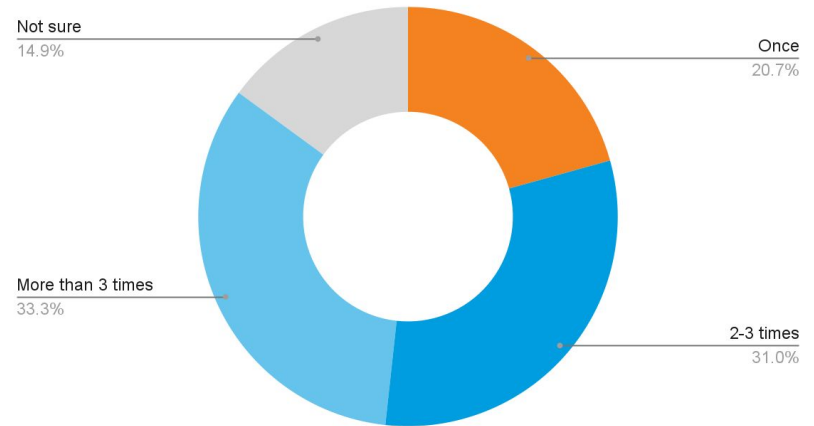
*"The **public mental health system** is **totally maxed out** just trying to meet the needs of patients. There is a **distinct gap in support for family members**. I've seen this gap persist and grow over my entire career, and this is what EmotionsBC is uniquely positioned to address with their programs."*

~ Andrew Neufeld, MC RCC, RMFT-SQ, Professional Advisor

Loved Ones who've accessed Emergency Services



Frequency of Emergency Services Accessed



Who Refers to Us + Why

- Health Authorities (Fraser Health, Vancouver Coastal, Island Health)
- MCFD
- Kelty Mental Health (BC Children's Hospital)
- BC Schizophrenia Society
- Early Psychosis Intervention (EPI)
- Surrey CAPSU + APU
- Registered Clinical Counsellors
- Surrey + Coquitlam School Liaisons
- Surrey Police Department
- Past participants
- Physicians
- BPD Society of BC
- FamilySmart
- FoundryBC
- Family Caregivers Society of BC
- Mood Disorders Association of BC

Limited programming for families

Waitlisted DBT groups

Families in crisis needing connection

Low barrier and ongoing family support

Families needing more community + skills groups that are ongoing and consistent

Peer-led and effective

WHAT

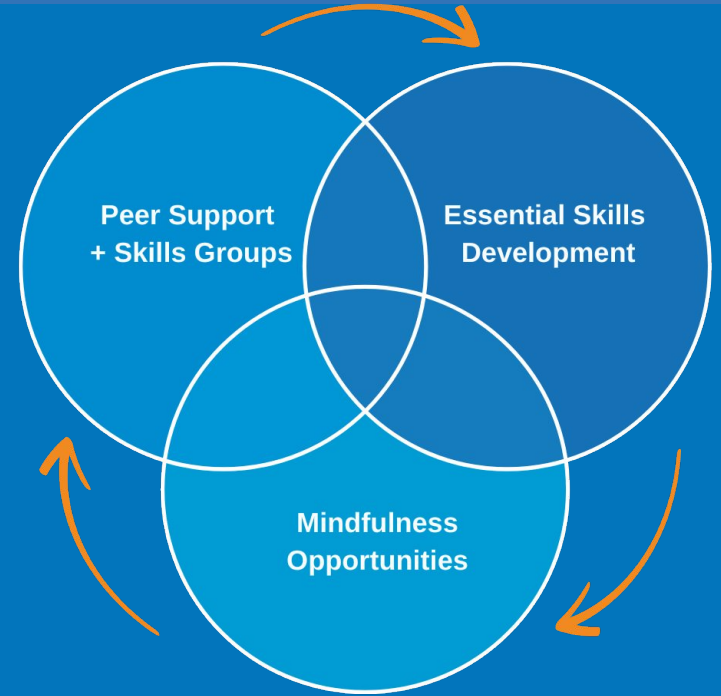
Our Service Model

Our **three core services** are all designed to provide participants with a wide variety of skills, education and community support.

Backed by **evidence-based skills (DBT + EFFT)**, each of our services provides families with what they need for the point they're at in their journey.

What we currently offer:

- Monthly peer-led Support + Skills groups (online + in-person)
- Essential Skills Program (6-weeks of practical, evidence-based skills education)
- Mindfulness workshops + retreats (foundational skill)
- One-to-one family peer support + resource navigation



Our Service Model

Typical Service Progression



- Our groups and programs are designed to support long-term wellness
- When families are in crisis and just left the hospital overwhelmed with an armful of pamphlets, our drop-in groups are sometimes the first place they tell their story, feel heard, understood, and not judged
- We foster lasting change by promoting repetition and practice over time
 - Families and caregivers are welcome to attend as many times as they'd like
 - Ongoing participation helps deepen understanding and sustain wellness

"My partner and I have repeated the Essential Skills course three times. Every time we do it we discover something new and useful for our family as we navigate our son's illness. It's been a huge help to all of us."

Sharing the Skills

Emotional Awareness + Regulation

Mindfulness, Emotional Intelligence, Radical Acceptance, Control vs Influence

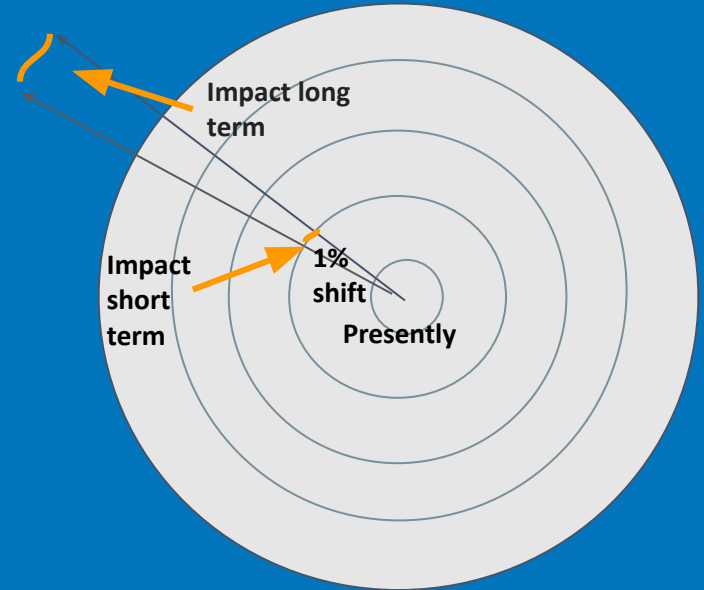
Effective Communication + Connection

Empathy, Validation, Perspective, Dialectics

Boundaries + Self Care

Establishing, communicating, and honouring Boundaries, self-care practices

The Impact of Using our Skills

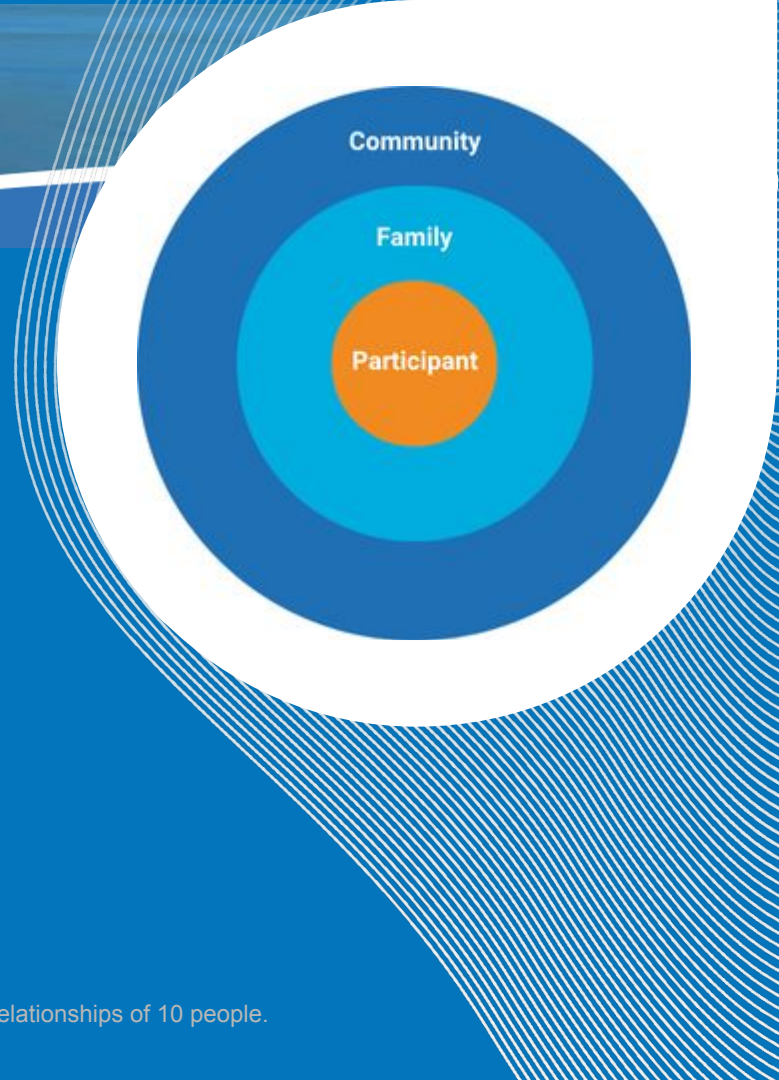


****Sharing and practicing these skills to show how much more effective it is to 'respond' rather than react, de-escalate a situation, or at the very least, not make situations worse, can empower people with tools, increase their own capacity, and have **hope for the future****

Our Overall Impact

Since 2019, we have:

- Delivered over **200** Support + Skills **Groups + Programs**
- Had **1,993** program participants across 3 service areas
- Impacted **4,983** people through **family relationships**
- Impacted close to **20,000** members in the community through our program participants
- Reached **over 30** communities across the province



*Estimations based on average Canadian household size of 2.5 people and average community relationships of 10 people.

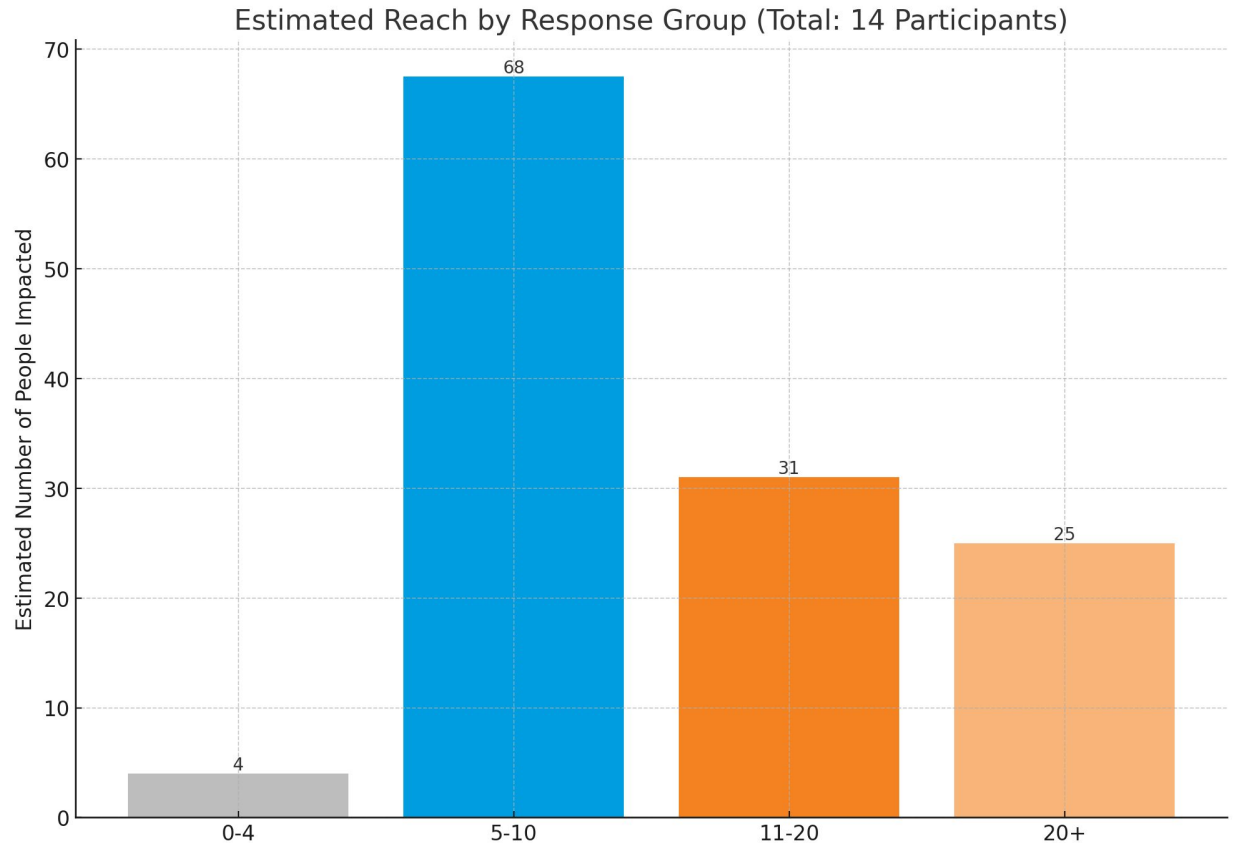
Final Question: (asked after completion of the program):

In your opinion, how many people, including yourself, do you think will be impacted by **your participation** in this program? (i.e. immediate family, extended family, work, general public)

SUMMARY

For this one class of 14 participants, we can see that it's very likely that **more than 128** people can be impacted from this only this one session

~ that's the REAL IMPACT.



Approx. 128 people are impacted overall — based on participants' estimates across families, workplaces, and communities.

This visual underscores the ripple effect of even a small group completing the program.

HOW

Funding

"We recognize and honour these main donors who support us, and the work we do"

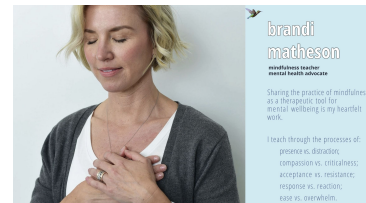
GRANTS



IN-KIND SUPPORT



Stepping Stone
Community Services Society



Volunteers

This is the heart of our team - they have passion and commitment.

Volunteers serving on the Board of Directors and its various committees contributed approximately **1,247 hours** towards the administration and fund development of the Society,

Technical advisors and other volunteers contributed approximately **676 hours** towards the development and delivery of programs and services in support of the core activities of the Society

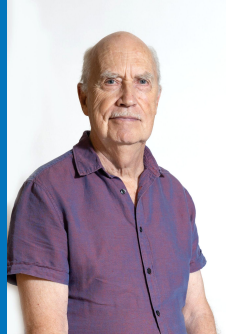


Volunteer Hours Donated **1,923**

*more that 50 volunteers spend their time working at fundraising events, administrative duties, facilitating, advising and consulting, and networking.

Based on a minimum rate of **\$20/hour** this equates to over **\$38,460** worth of time donated

Operations Team



Administrative + Operations Staff

Board of Directors



Professional Advisory Board

Community Engagement - 2025 Resource Booths



- Options Community Connections in Substance Use Event
- Surrey Schools Mental Wellness Day
- Education Services School
- Dr. Charles Best Secondary Parent Teacher Resource Fair
- Cloverdale Learning Centre Mental Health Awareness Day
- BPD Awareness Day - BPD Society of BC (virtual)
- Clayton Heights Mental Health Awareness Day
- SND Primary Care Network Continuing Medical Education Presentation re: Gender Affirming Care
- Stronger Together: Men's Health Collective
- Big Red Mental Health - Drive to Thrive
- Canada Day Celebration - Coquitlam
- Recovery Day BC - New Westminster
- More to come!

Future Goals

Upcoming initiatives to support

The following outlines some key initiatives set out in our strategic plan and aimed at enhancing health services and community support across BC.

- ✓ Increase our exposure in communities across BC
- ✓ Expand funding opportunities and sources to support our work
- ✓ Implement further processes and procedures to support growth and expansion of our organization
- ✓ Expand into other BC health authorities
- ✓ Offer new programs to bridge the gap of accessible mental health supports for families and their loved ones

- ✓ Collaborate with other health professionals, first responders and schools to enhance education
- ✓ Continue to foster relationships with funders
- ✓ Volunteer recruitment + retainment

Our Upcoming Services 2025/2026

Essential Skills Program Sessions

- January 14 - February 18 (6-weeks, meets weekly on Weds.) 6:30-8:30pm PST

Mindfulness Workshop

- Saturday, Oct 4 (part 1) + 18 (part 2)
9am-1pm in Langley

Drop-In Support + Skills Dates

- ➔ October 14, 2025 (In-Person, Langley)
- ➔ October 21, 2025 (Online, Zoom)
- ➔ November 11, 2025 (In-Person, Langley)
- ➔ November 18, 2025 (Online, Zoom)

Registrations are open and can be found at emotionsbc.ca or by emailing laury@emotionsbc.ca



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