
CMHA - Cowichan Valley Branch is a registered charitable organization providing a wide range of programs for Cowichan Valley families, children, youth and adults. We are focussed on mental health, addiction and homelessness. Our programs include:

Community Services

Bounceback for Adults

Helping adults manage symptoms of depression, anxiety, stress through workbooks and telephone support

Sobering and Assessment Centre

Provides a safe place for individuals to 'sober-up' 24 hours a day, every day of the year.

Homelessness & Housing

Warmland House

A community resource facility with 30 extreme weather emergency shelter beds and 24 transitional apartments

Housing Outreach Team

Supports individuals who are homeless or at risk of becoming homeless

Foot Care Clinics

For those with income barriers



Canadian Mental
Health Association
Cowichan Valley

Child, Youth & Family Connections

Family Capacity Program

Counselling program providing parenting support

Sexual Abuse Intervention Program

Counselling program for children/youth who have experienced sexual abuse or exhibit sexually intrusive behaviour

CMHA Youth Centre

A place for youth (15-19) to engage in activities to gain independence and a sense of accomplishment. Free hot lunch program Monday-Friday.

Rainbows Program

A peer support program for children and their families in painful transition and dealing with loss.

Bounceback for Youth

Helping Adolescents manage symptoms of depression and anxiety

Youth Emergency Shelter (YES)

Youth 15-18 can find safety, support and shelter at the new YES. The program has 3 components:

- *An overnight shelter for youth who have no-where to go;
- *An outreach program used to identify youth on the streets who need support;
- *A drop in, day program for youth to visit for food, warm showers, laundry & support.



Canadian Mental
Health Association
Cowichan Valley
Mental health for all



Make a Difference Get Involved with CMHA Become a Member

#552/554 Trunk Road, Duncan, BC
Tel: 250.597.1372

Web: www.cmhacowichanvalley.com

Email: cmhacvb@cmhacowichan.ca





The Benefits of Membership

Thank you for your interest in becoming part of a community of people who are striving toward the goal of promoting positive mental health for all. Your membership includes:

- Membership with your local CMHA branch, CMHA BC Division and CMHA National
- The opportunity to stand for and vote for members of our governing board of directors
- A free subscription (optional) to the award-winning Visions Magazine (6 print issues per year)
- A free subscription (optional) to the CMHA-CVB quarterly digital newsletter

MEMBERSHIP FORM

Membership Rates:

- ☐ \$20 for Individuals
- ☐ \$50 for Organizations
- ☐ \$5 for Individuals with Limited Income
- ☐ New Membership
- ☐ Renewal

First Name: _____ **Last Name:** _____

Mailing Address: _____

City: _____ **Province:** _____ **Postal Code:** _____

Phone: _____ **Area Code:** _____

Email: _____

Please subscribe me to “Visions Magazine”, bi-monthly via Canada Post: Y _____ N _____

Please subscribe me to the CMHA-CVB quarterly newsletter via email: Y _____ N _____

In addition to my membership, I would like to donate \$ _____ to the CMHA-CVB.

Total paid: \$ _____ Cash _____ Cheque _____

CMHA - Cowichan Valley Branch is a registered charitable organization providing a wide range of programs for Cowichan Valley families, children, youth and adults. We are focussed on mental health, addiction and homelessness. Tax receipts provided for donations over \$25.

Please make cheques payable to: CMHA - Cowichan Valley Branch and send form to

#552/554 Trunk Rd, Duncan, BC, V9L 2R1