

# • F O U N D R Y •

WHERE WELLNESS TAKES SHAPE

October 24, 2022

## Foundry Surrey Update: Partnership Post

This newsletter will be emailed to the members of the Foundry Surrey Leadership Tables including the Executive Leadership Table, Community Leadership Table, Youth Engagement Leadership Table (YELT) and the Foundry Engagement Leadership Table (FELT) to keep our partnerships up to date on as we work together in planning and developing Foundry Surrey.

### Overview

#### Site

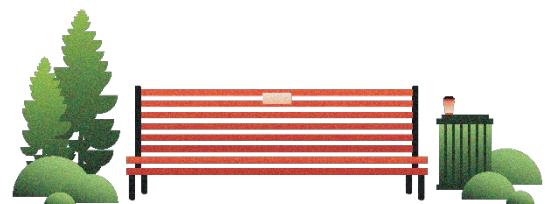
- Since signing the lease in July, we have started meeting with site planners and architects to develop the Foundry Surrey centre! We are also starting capital engagement with community, which will include focus groups with youth, families, and our partners. Keys to the site will be in hand by November and we cannot wait to start this important work to get our doors open next year! Stay tuned for more updates.

### Partnership and Leadership Tables

#### Foundry Surrey Community Social & BBQ



- On behalf of our team, thank you to all 50+ of you for coming out to our Foundry Surrey Community Social & BBQ on **Thursday, September 8<sup>th</sup>**! It was so nice to finally gather in-person and connect with one another on such a beautiful day over delicious food and cake. We are still buzzing from the conversations, introductions, excitement, and overall support for Foundry Surrey's next phase of development which includes capital development and engagement.



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[www.foundrybc.ca/surrey](http://www.foundrybc.ca/surrey)

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- In this next phase of development, we will be revisiting presentations that we have given to partners/community in the past so we can reconnect and provide updated information on our development. If you are interested in a presentation from us, please reach out to Melissa at [MLee@PCRS.CA](mailto:MLee@PCRS.CA) or [FoundrySurrey@PCRS.CA](mailto:FoundrySurrey@PCRS.CA).

#### **Executive and Community Leadership Table**

- We are in the process of developing our Operations Working Group and from there, we will further develop the other working groups. Stay tuned for more details to come!
- Shortly after our BBQ, we reconvened with our partners for our first in-person Operations Working Group meeting to dive into this next important phase of our work. Rick Dubras from Foundry Central Office gave a great presentation to introduce a leadership structure that Foundry Surrey will now be transitioning into; the Operations Working Group and Service Working Groups. We also gave an overview of major themes in gaps, barriers, and solutions that we have heard from our partners, the youth, and families over the past couple years. The working groups will be continuously informed by this community input as they build the centre's operations and services.



- Jen Lowrey (Manager, Foundry Surrey), Michelle Shaw (Director of Operations, Fraser South, PCRS), and Deb Anderson Eng (CEO, PCRS) will be following up with our partners to have further discussions on next steps. We are excited for the busy work and meetings ahead to build a functional centre and ensure we have services that meet the needs of Surrey youth and families.

### Youth Engagement Leadership Table (YELT)

- The YELT continues to meet monthly. In August, we reviewed Foundry Surrey’s Instagram account analytics which informed the YELT who the page is reaching by age group and geography, as well as the most engaged posts. Members reflected on these statistics and will revisit Instagram analytics every few months to better understand how to increase youth engagement online. An example of a recent post was on International Relaxation Day, where YELT members shared ways to relax and encouraged our followers to share theirs!
- In September, the YELT got crafty by creating buttons for Foundry Surrey’s booth at Recovery Day BC! These buttons were filled with positive, uplifting messages and were a huge hit at the event. Thanks so much to the YELT for creating these motivational buttons for attendees to take home with them!



foundrysurrey Monday was International Relaxation Day!

Sometimes it can be hard to make time or feel shameful to relax. It's important to take some time for yourself to unwind to assist with mental, physical, and emotional wellbeing.

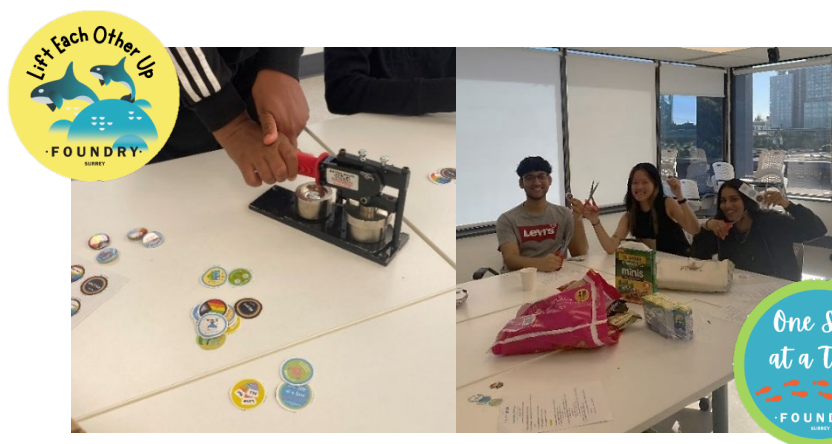
Here are some tips, provided by the Foundry Surrey Youth Engagement Table members, on how you can relax:

- Think about the colours blue and green (they are linked with the environment and can have a calming effect)
- Read a book
- Try a breathing exercise like box breathing
- Take a walk outside
- Journal

Try out one of these tips this weekend or share what YOU do to relax in the comments below!

#foundry #foundrybc #youth #internationalrelaxationday #relax #unwind #wellness #selfcare

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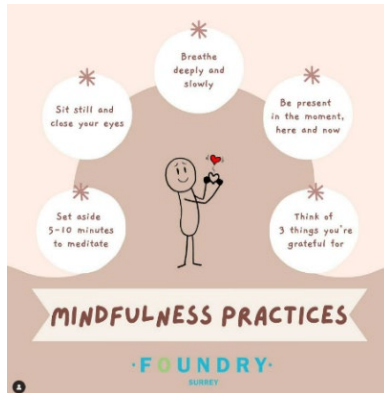
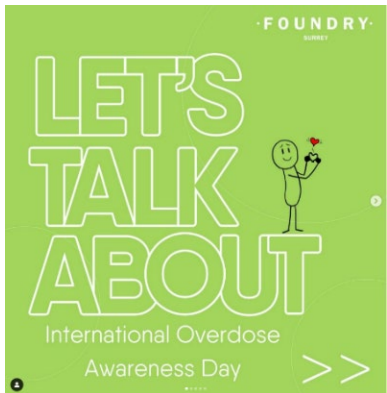


- Over the summer, the **Social Media Committee (SMC)** was integrated into the YELT to allow for more youth leaders to be involved with the Foundry Surrey Instagram account. The SMC members, now experts in informing the page, will be leading discussions and brainstorming around social media engagement. A big thank you to the SMC for kick-starting the Instagram



account, informing and creating posts for the last six months, and increasing followers. Their commitment, dedication, and passion to make Foundry Surrey's social media presence a priority and a huge success is why the Instagram page is currently at 314 followers and growing!

- Check out a few of Foundry Surrey's top liked posts in August and September below:



### Family Engagement Leadership Table (FELT)

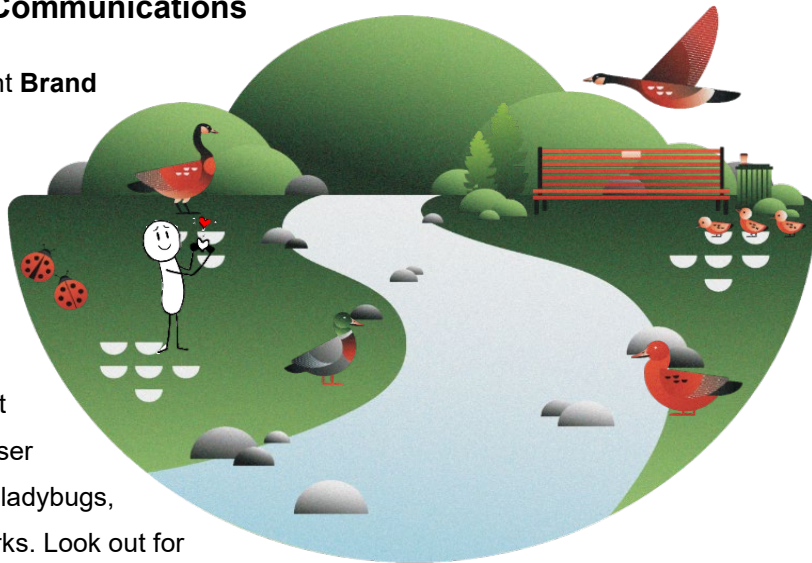
- The FELT took a break in August and reconvened in September for their monthly meetings. Members Crystal and Crista came out to support our booth at Recovery Day and connected with lots of families about Foundry Surrey. The FELT also had an opportunity to support us at a Parent Resource Fair at KB Woodward Elementary School on October 5th, a fair to provide parents resources around anger management for themselves and their youth, anxiety resources and behaviour support. Following the YELT's work around Foundry Surrey's Instagram, the FELT's next project will be launching a Foundry Surrey Facebook page to reach more caregivers online! Stay tuned.
- Crystal is our featured FELT member this month! Learn more about her in her bio:

***"I am a mother of four beautiful children and a proud resident of Surrey with experience navigating the various social services that exist for those who need support. It is because of this experience that I understand how important a holistic approach is, in creating and maintaining bonds that will nurture and support those who struggle. I am honored to be part of the Foundry! I believe we will create a "knowing" amongst youth and their families that we can help."***



## Peer & Community Engagement and Communications

- As part of Foundry Central Office's recent **Brand Refinement project**, Foundry centres across BC had an opportunity to create branding that could uniquely represent their communities. The YELT and FELT brainstormed ideas that would best relay the spirit of Surrey. From critters found at the park to elements that reflected the landscape of the South Fraser Valley, the youth and families landed on ladybugs, geese, ducks, mountains, rivers, and parks. Look out for these designs, along with the Foundry Surrey person, in our social media posts, communications, throughout this newsletter, and more.
- We continue to give presentations around Surrey to inform community about Foundry Surrey and the much-needed services to come:
  - **City of Surrey's Children and Youth At-Risk Table (CHART) on July 6<sup>th</sup>**. We last presented to the CHART in 2020 and were excited to come back and share many important updates.
  - **Empower the Future on August 18<sup>th</sup>**. We were invited by Shawna Narayan, Executive Director of Empower the Future, a non-profit that aims to support high school students through personal, academic, and professional growth, to give a presentation to a cohort of students. Shawna is also a Co-Chair of our Community Leadership Table! YELT Members Zak and Armaan joined us to talk about Foundry Surrey, how youth are informing the centre, Foundry Virtual BC services, and more. The students were excited to hear about the new resource coming to their community soon.





- **Surrey Vulnerable Women and Girls Working Work (SVWG) on September 28<sup>th</sup>.** We presented to the SVWG last year and were invited back to give a presentation with updates. We also shared back some of the data we collected from the group on how Foundry Surrey can help meet the needs of vulnerable women and girls.

#### What we heard from SVWG (Feb 2021)

- Free harm reduction and sanitary supplies at the centre
- Information and resources on sexual exploitation, self care, and more
- Safe spaces: for female-only, for LGBTQ2SIA+; open-space entry and exit pathways; shower and laundry
- Create a warm and welcoming experience: greet as they come in, offer warm beverages, welcome wall filled with positive messages; trauma-informed signage etc.
- Trainings: cultural competency and humility; identifying signs of trafficking; effects of trauma and intergenerational trauma; trauma-informed practices; mental health first aid
- Flexible hours of operation/service, specifically evenings
- Information (website, hand-outs materials) is accessible (ex. different languages; more visuals than text; etc.)



Additionally, we had opportunities to engage with youth and families at events around the community!

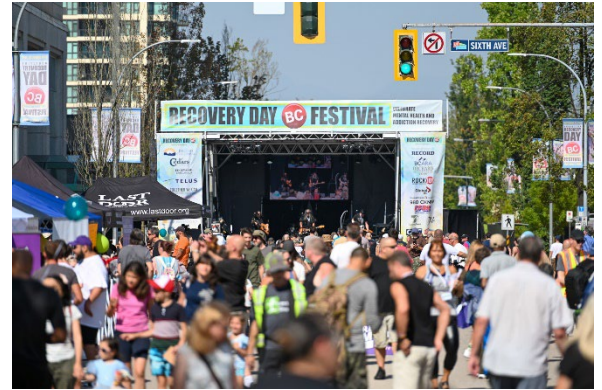
- On **June 25<sup>th</sup>**, we had the pleasure of boothing at the **Surrey Pride Festival** where we informed attendees of the upcoming Foundry Surrey centre and handed out swag and information to take home. There were lots of families and youth at the festival who were happy to hear that a Foundry centre was coming to the community and would provide necessary services. FELT and YELT members Crystal, Chris, Crista, Amira, Evy, Lily, Jaspreet, and Ria joined us to connect with people about Foundry Surrey and share some of their experiences being on the leadership tables. We had an absolute blast connecting with community at the Pride Festival!



- Chris (FELT member) stated, ***“We at Foundry Surrey had the pleasure to be involved as supporters of Pride with an information table. The afternoon was filled with colorful outfits, music, drag performances, and love in a safe, welcoming environment. Our table was well received with information, swag, and friendly smiles. Love and respect were in the air as we celebrated diversity and inclusivity***

**for all, with family, friends, and supporters. A big thank you to Foundry Surrey staff, YELT and FELT volunteers. Looking forward to Surrey Pride 2023.”**

- We also booted at Recovery Day on **September 10th!** Recovery Day BC is an event that has been hosted by the Recovery Day Vancouver Society in New West since 2012 and aims to bring “addiction out of the dark.” The event is a free all-day mental health and addictions recovery event with a health and wellness fair, live entertainment, an overdose memorial, food trucks, games (including axe throwing, rock climbing and swing dancing) and more. FELT and YELT members Crystal, Crista, Aryan, and Zora were awesome at getting people excited about Foundry Surrey. It was an incredible, highly attended event and great opportunity for us to connect with the community about Foundry Surrey and the much-needed services to come.



***“By raising awareness, we can help to end the stigma that families affected by substance-use issues experience,”*** says Giuseppe Ganci, festival director and board chair, Recovery Day BC Society. ***“We have a community of people in recovery who come together year after year to make sure that recovery is talked about. There is power in our voices.”***



## **PCRS Community Award**

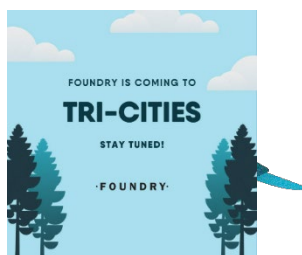
- PCRS presented Tomas Reyes, Executive Director at the Surrey-North Delta Division of Family Practice, with a PCRS Community Award. PCRS Community Awards acknowledge the exceptional contributions that recipients make to our communities and the people we serve. Congratulations, Tomas! We are honored to be working with you as part of our amazing leadership community partners to develop Foundry Surrey.





## Foundry BC Network Expansion

- Throughout the summer, Foundry BC announced the development of three new Foundry centres: Fort St. John, Tri-Cities, and Kamloops. The opening of these new centres will continue to expand youth and family access to free and confidential health and wellness supports across the province. We are thrilled to be a part of this growing network to enhance youth resources for mental health and substance-use needs in British Columbia.



## Summary, Timeline and Next Steps

Site	Site Confirmed!
Community Presentations	Continuous
Executive Leadership Table	TBD (will be quarterly scheduled meetings)
Community Leadership Table	TBD (will be quarterly scheduled meetings)
Operational Working Group	In progress biweekly
Service Working Groups	TBD (will be monthly scheduled meetings)
Youth Focus Group	TBD
Family Focus Group	TBD
Youth Engagement Leadership Table	November 2, 2022
Family Engagement Leadership Table	November 3, 2022
Fund Development	Ongoing

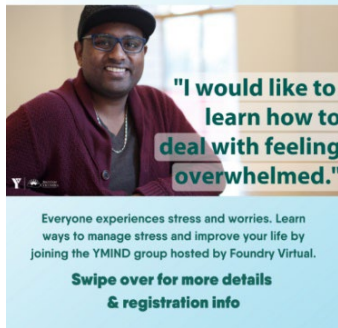
## Did You Know?

- Did you know that the Foundry website has an abundance of information and tools for mental health, substance use, healthy living, everyday life, and tough topics? Learn how to recognize and respond to an overdose, find coping strategies for anxiety, and more at <https://foundrybc.ca/>
  - Also make sure to check out Foundry's engaging stories and articles on recent events and common youth concerns!
- Did you know that Foundry Virtual has groups and workshops that you can attend online right now?



- Find more groups and workshops and register for them through the following link:  
<https://foundrybc.ca/virtual/groups-workshops/>

## NEW Groups and Workshops



### YMIND

- In this free 7-week group program, youth will be introduced to and practice evidence-based approaches to coping with anxiety within a group of 8-12 people.
- For youth ages 18-24 who are experiencing symptoms of mild-moderate anxiety.
- **Runs virtually on Tuesdays from 5:30-8pm, from October 25<sup>th</sup> to December 6<sup>th</sup>.**
- Registration closes after the first session on October 25<sup>th</sup>.



### LET'S TALK SUBSTANCES

- This drop-in group is a safe space and support group for youth to learn skills, explore coping strategies, and talk with others who "get it". Peer supporters leading this group are trained in SMART Recovery.
  - For youth ages 12-19 who are using substances.
- Runs on Mondays from 6:30-7:30pm.**



### BRAVE IN YOUR BODY

- This is a free 5-week body image group where attendees will gain tools/skills and explore their relationship with their bodies.
- For anyone who has felt pressure to look a certain way based on society's standards or is struggling with body image, diet culture, or weight stigma.
- **Runs virtually on Tuesdays, from October 4<sup>th</sup> to November 1<sup>st</sup>, from 7-8:30pm.**

## Actions

- **Foundry Surrey Video** → Share our Foundry Surrey video now live on [YouTube!](#)
- **Social Media** → Follow us on [Facebook](#) and [Instagram!](#)
- **Foundry Virtual** → [Download the Foundry App](#) or [visit Foundry Virtual online](#) to explore virtual services available to community now.
- **Community Feedback Survey** → complete and share [this survey](#) with your networks!
- **Community Engagement** → to learn more or get involved, please contact Melissa.
- **Community Tables** → if you know of others who would like to be a part of our community tables, please contact either Jen or Michelle!
- **Youth and Family Leadership Tables** → we are looking to expand our youth and family leadership tables! If you know of anyone who would be a good fit, please contact Melissa at [MLee@PCRS.ca](mailto:MLee@PCRS.ca).
- **Cheerlead** → let's keep talking about all the possibilities of what Foundry Surrey can be to support youth and their families!

## Contact



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## YOUNG PEOPLE WITH A VOICE IN THEIR HEALTH



*A safe and inclusive place where young people and families find flexible, accessible, non-judgemental support and care to meet their needs.*

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