

• F O U N D R Y •

WHERE WELLNESS TAKES SHAPE

December 20, 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

- We are excited to announce that we received the keys to our new site on **December 1st**! The site officially became ours and we couldn't help but celebrate by taking pictures of Foundry Surrey staff in the long-awaited space.
- After receiving the keys, we kick-started site designing and planning with two site engagement sessions in early December, facilitated by **WORK Design Studio**. Youth and family members on the YELT and FELT table joined us on **December 3rd** to tour the site and start thinking about what the Foundry Surrey centre could look like and elements it could include such as a movement studio. They also brainstormed what would make Foundry Surrey successful and what they love

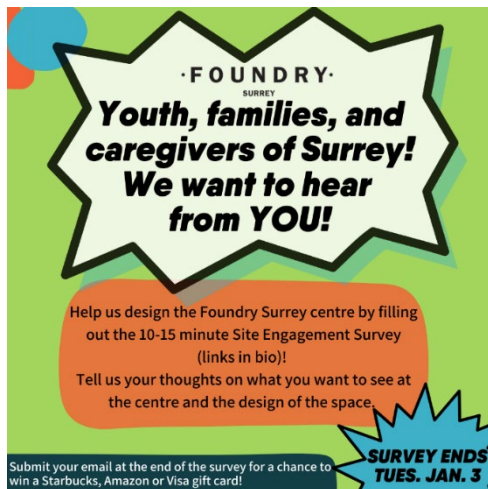


about Surrey. On **December 5th**, WORK Design Studio facilitated a similar session with the members of the Operations Working Group members to begin early workflow design and planning.

- Attendees for both these site engagement events had lots of fantastic ideas and were super eager to get site designing started. Thank you to everyone who joined us – we could not do this work without you! A special thank you to WORK Design Studio for facilitating these conversations. Stay tuned in to the New Year for a summary of the findings from these events and how they will inform the site plan and design.



CALLING ALL YOUTH, FAMILY MEMBERS, AND CAREGIVERS IN SURREY!



We want Foundry Surrey to be a centre where all youth and families across Surrey can access and get their needs met so we need to hear from **YOU!** Take our 10–15-minute survey and let us know what you would like to see in the Foundry Surrey centre, how you think the layout could look like, and more. If you **enter your email at the end of the survey, you will have a chance to win a Starbucks, Amazon, or Visa gift card!** Share this survey with family, friends, or anyone and everyone you know in Surrey – your voices will inform the design and planning of the Foundry Surrey centre!

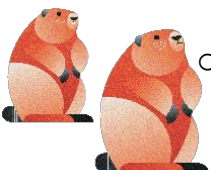
Survey closes on January 3rd.

- **For Youth and Young People:**

https://www.surveymonkey.com/r/foundry_youthsurvey

- **For Family Members and Caregivers:**

https://www.surveymonkey.com/r/found_familycaretakerssurvey



www.foundrybc.ca

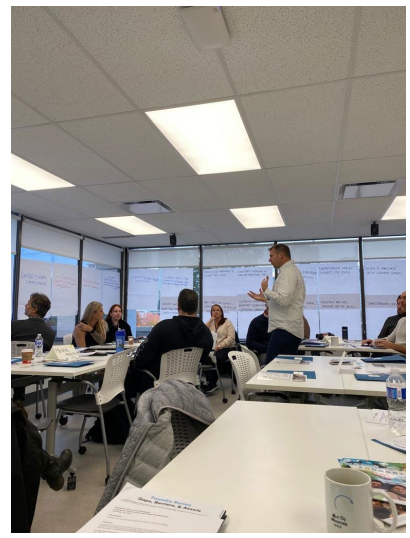
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December 20, 2022

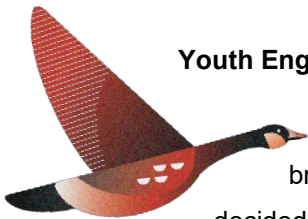
Partnership and Leadership Tables

Operations Working Group

- On **November 10th**, the Operations Working Group members came together to review data on assets in community and gaps in service that have been identified by community partners, youth, and families last year. A dotmocracy workshop was facilitated by Foundry Central Office with the goal of narrowing down the main priorities in gaps they decide that Foundry Surrey will focus on. The priorities would be taken back to the YELT and FELT to confirm the gaps and needs they put forward. Overall, to make a Foundry that will work for Surrey youth and families, partners highlighted values that are the foundation of our approach, including the need to build a culture of trust, a smooth continuum of care, and a centre that is truly reflective of the culturally diverse needs of Surrey. Thank you for the incredible conversations to keep us moving! Next meeting will take place on **December 21st** to solidify our working terms of reference, priorities, and next steps of hard operational work for the opening year of 2023 ahead.



Youth Engagement Leadership Table (YELT)



- The YELT is continuing to work super hard, especially when it comes to brainstorming content for Instagram to engage youth. In November, YELT members decided to create a post for Multiculturalism Week (November 21st – 27th) which compiled a few cultural traditions and foods that they see in Surrey as a way to reflect on and celebrate their diverse community. In December, as the holiday season can be difficult for some with the dreary weather, high expectations, and more, the YELT will post a series of self-care tips that individuals can try during this time of year; this series of posts will be called “12 Days of Holiday Wellness” as

inspired by Foundry BC's series last year. Make sure to follow @foundrysurrey and don't miss these helpful posts!

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



- As the year comes to an end, the YELT will be having a social to celebrate all the work they have done this year, from launching Foundry Surrey's Instagram account, to hosting a Foundry Surrey info session for the community, and to starting site planning and designing. Instead of having a meeting in December, the YELT will watch a holiday movie together and reflect on this past year of Foundry Surrey development.

Family Engagement Leadership Table (FELT)



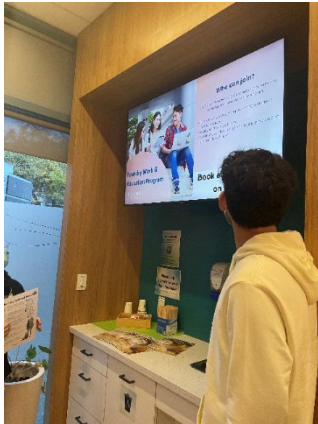
- The FELT reconvened in November to discuss updates on the progress of Foundry Surrey's development. They are looking forward to a Facebook page launching as they have many ideas for content to reach more caregivers in Surrey! The FELT too will close the year with a social dinner and look back at the amazing engagement work they have accomplished over the year.

Foundry Richmond Tour

- On **November 24th**, YELT and FELT members, along with Foundry Surrey staff, visited and toured the brand-new Foundry Richmond centre. This tour was arranged as a way to help YELT and FELT members start thinking about what the Foundry Surrey centre space could look like and include. Some YELT and FELT members had not visited a Foundry centre before so this was a fantastic opportunity for them to discover what it was like entering a Foundry, what services were



available, what factors were considered when designing the space, and more. A big THANK YOU to Foundry Richmond who kindly invited us, showed us around, and answered our many questions about their experience developing a Foundry centre and operating it. Take a peek at Foundry Richmond's amazing new site through these pictures.



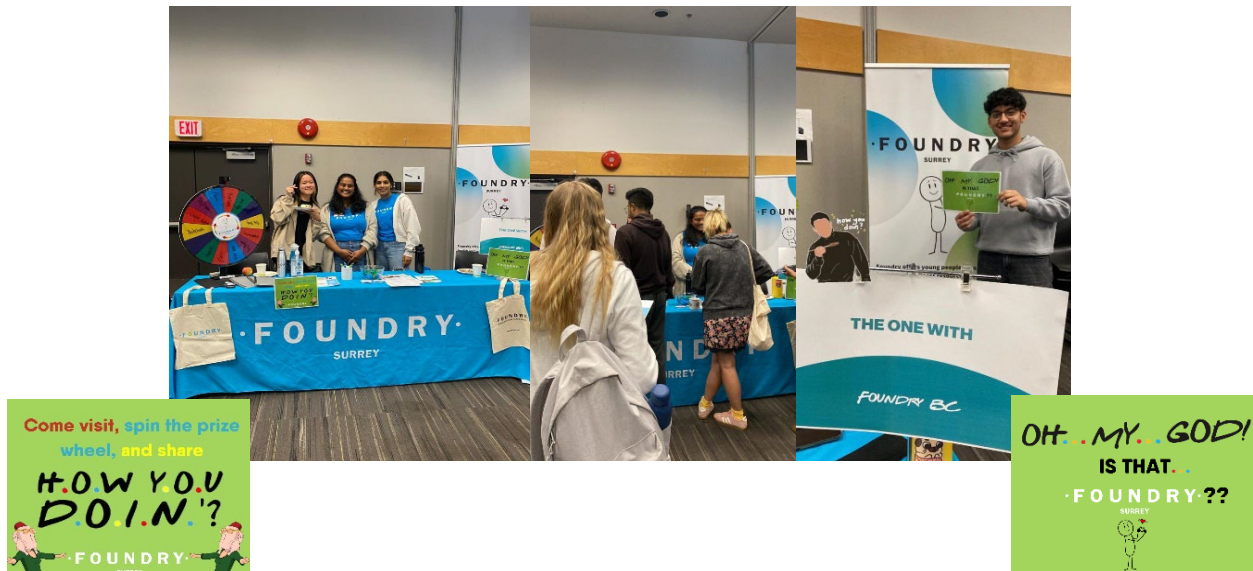
Peer & Community Engagement and Communications

Throughout October and November, we continued to spread awareness of the upcoming Foundry Surrey centre and engage with the community through boothing at events and presentations:

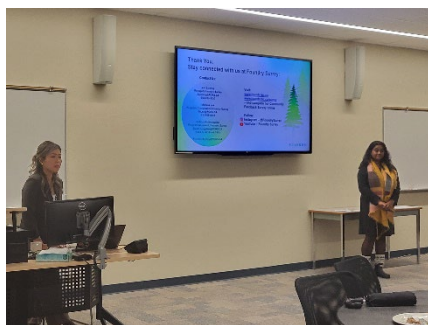
- On **October 5th**, we boothed at **K.B. Woodward Elementary's Kick-Off Event for Staff & Parent Engagement**. We connected parents with anger management, anxiety support, and behaviour support resources such as Foundry Virtual BC Services, FamilySmart, and PCRS' Caregiver Support Program while they wait for Foundry Surrey to open next year. Parents were happy to learn about these resources and hear about the upcoming Foundry Surrey centre.
- On **October 12th**, we boothed at **Kwantlen University Student Association's Pieces of Mind Mental Health Conference** where students learned about how to tackle loneliness on campus. Amira, Aryan, and Evy, members of the Foundry Surrey youth table, joined us to talk to students



about Foundry Surrey, Foundry Virtual BC Services, and shared some of their experiences engaging with Foundry. We loved the conference's Friends TV show theme and had a blast connecting with Kwantlen Park University students.



- On **November 25th**, we presented to the **Education Services School Wellness Café**, a group of registered nurses, teachers, substance use counsellors, education assistants, and child and youth workers that regularly meet to learn about community resources that could support students. We informed the café about the upcoming Foundry Surrey centre, what services the centre will offer, and what is available right now through Foundry Virtual. We had an engaging discussion of how Foundry Surrey staff, the



Education Services School, and the broader Surrey School District would be able to work together to support the youth and young people in our community to receive the services they need.



Foundry Surrey is on Facebook!

FOLLOW US at www.facebook.com/foundrysurrey

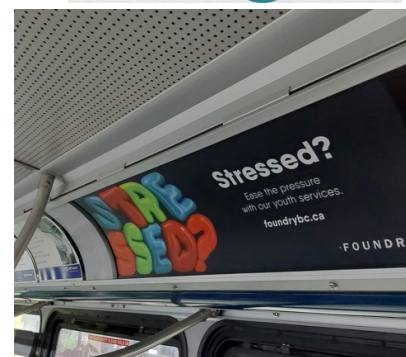
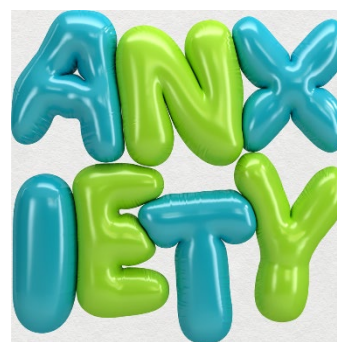


- We are also on Instagram at: www.instagram.com/foundrysurrey
- Our social media channels are a tool to build an online community to reach more Surrey youth ages 12-24, families/caregivers, stakeholders, and the general community of Surrey. Updates on the progress of our development, resources in Surrey, and opportunities for engagement are shared, and the content is informed by the YELT and FELT members.

Can you help us reach our goal of 100 followers by the new year?

Foundry Awareness Campaign

- Foundry Central Office has officially launched their **Foundry Awareness Campaign** on **November 21st** and will run until **Spring 2023**! The concept of **helium balloons** was created in collaboration with youth and families, representing **the pressures and feelings that young people face every day around school, friends, work, and more**. The campaign will run print ads inside BC buses, digital out-of-home ads (ex. digital screens across BC in entertainment districts, educational institutions, retailers, transit shelters and billboard across highways as well), paid digital ads (FB/IG/Google/TikTok) and YouTube bumper ads (6-sec non-skippable ads that viewers have to watch).
- Look around for these ads across Surrey and online! Take a picture or screenshot and tag us @foundrysurrey on Instagram.



Summary, Timeline and Next Steps

Site	Keys received and site designing and planning has started!
Community Presentations	Continuous
Executive Leadership Table	TBD (will be quarterly scheduled meetings)
Community Leadership Table	TBD (will be quarterly scheduled meetings)
Operational Working Group	Bi-weekly meetings; next on December 21 st , 2022
Service Working Groups	TBD (will be monthly scheduled meetings)
Youth Focus Group	TBD

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December 20, 2022

Family Focus Group	TBD
Youth Engagement Leadership Table	December 19 th , 2022
Family Engagement Leadership Table	January 5 th , 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



CHRONIC PAIN 101

- This group was developed in partnership with Pain BC and will be facilitated by peer support workers who live with chronic pain. In this group, youth will be able to connect with others who live with chronic pain, learn about why we



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.



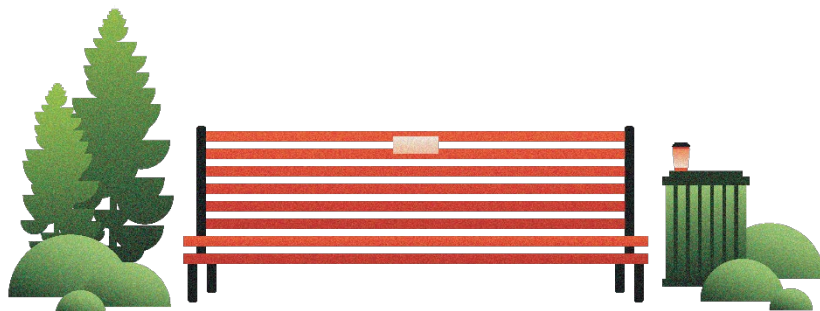
CAREGIVERS SUPPORT

- This is a drop-in group for caregivers and family members to connect with each other and discuss various topics in a safe, inclusive, and confidential space. It is facilitated by two caregivers with lived experience supporting youth with various mental

<p>experience pain, and coping strategies.</p> <ul style="list-style-type: none"> For gender diverse youth, ages 16-24, who live with chronic pain (any type of pain that persists for 3 or more months). Runs virtually on Thursday from 5:30-7:30pm, from January 26th to March 23rd, 2023. 	<ul style="list-style-type: none"> For youth ages 16-24 who are using substances. Runs on Mondays from 6:30-7:30pm. 	<p>health and substance use challenges.</p> <ul style="list-style-type: none"> For BC caregivers and family members who are supporting a young person between the ages of 12-24. Runs on Wednesdays bi-weekly from 7:30-9pm: next group on December 28th.
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Actions

- Site Engagement Survey** → complete and share these surveys with the youth, family members, and caregivers you know in Surrey!
 - YOUTH SURVEY or FAMILY MEMBER/CAREGIVER SURVEY**
- Foundry Surrey Video** → Share our Foundry Surrey video now live on [YouTube](#)!
- Social Media** → Follow us on [Facebook](#) and [Instagram](#)!
- Foundry BC 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.
- 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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