

# CORe

Collaborative Opportunity for Resources

## A Partnership Of



CORe is currently in Richmond and Vancouver. Contact us to join CORe or for more information about developing CORe in your own community.

## For More Information:

CORe Website:  
[coreconnect.wix.com/core](http://coreconnect.wix.com/core)

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# CORe

## Collaborative Opportunity for Resources

A Community Network for Family Wellness



# What is CORE?

## Our Purpose

CORE is an interagency meeting place to discuss community service needs and work towards solving them together.

We strive to connect people to enhance collaboration and more effectively meet the needs of our community as a cohesive network of services.

## Our Goals

Our overarching goal is to improve family wellness in our communities. Our specific goals are based on ongoing feedback from our communities about what is needed to help support service providers to achieve our overarching goal.

CORE's specific goals include: improving service navigation, increasing interagency collaboration, and working with families to identify needs and service gaps. Our individual projects and subcommittees work towards achieving these goals.

## Our Members

CORE membership is open to service providers who are committed to improving family wellness and who believe in the mutual benefit being connected to an interdisciplinary network. Please feel free to contact [corefacilitators@gmail.com](mailto:corefacilitators@gmail.com) if you have questions about joining CORE.



## Current Projects

### Adapt Clinic Richmond Satellite

A partnership with Adapt Clinic (BC Children's Hospital) to offer free counselling for families to help them understand the genetic and experiential causes of mental illness. Counselling focuses on helping families to alleviate guilt, stigma, or shame that they may feel and to facilitate empowerment. Referrals are accepted from anyone.

### MindConnect

A project to develop a user-friendly website to assist families and professionals with navigation of community resources.

### Connecting The Dots

A free event every spring and fall for service providers to receive training and connect to services in the community. Our theme for October 2015 will be Creating a Connected Community for Youth & Family Wellness.

### Adolescent Health

A partnership with McCreary Centre Society to present the Richmond-specific results of the BC Adolescent Health Survey and engage in a community discussion about how we can better support adolescent health. This event will be in April 2016.

### Strength In Unity

A partnership with Strength In Unity (Simon Fraser University) to raise awareness of mental illness and reduce mental health stigma in Richmond.

## CORE Meetings

### CORE Richmond Meetings

First Thursday of Every Month  
10:00-11:00am  
Garratt Wellness Centre  
7504 Chelsea Place, Richmond

### CORE Vancouver Meetings

Fourth Thursday of Every Month  
10:00-11:00am  
Canadian Mental Health Association  
2425 Quebec Street, Vancouver