



### ECHO Scope

**ECHO Burnaby Clubhouse** supports individuals in their rehabilitation and recovery journey through a spectrum of holistic group and individual supports and programs.

**ECHO** supports members to build personal efficacy around wellness and provides a safe place to connect, reducing isolation and increasing well-being.

### Individualized Staff Support

All **ECHO** members are assigned a specific staff person who offers support on their recovery and wellness goals. Staff meet with members on an as-needed basis, based on individual preference.



Education Community Health Options

### Contact the ECHO Program

Edmonds Clubhouse

☎ 604-526-9606

📍 Edmonds Neighborhood Resource Center, #109  
7355 Canada Way, Burnaby V3N 4Z6

*\*Accessible by Bus #123 & #106*

Metrotown Clubhouse

☎ 604-291-8879

📍 #102 – 6125 Sussex Ave, Burnaby V5H 4G1

*\*Accessible by Skytrain at Metrotown Skytrain Station or bus #119*

📞 604-526-7097

✉ [echoclubhouse@cmha.bc.ca](mailto:echoclubhouse@cmha.bc.ca)

🖱 [vancouver-fraser.cmha.bc.ca](http://vancouver-fraser.cmha.bc.ca)

### CMHA Mission

The **Canadian Mental Health Association**, a nation-wide, volunteer organization, promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. **CMHA** accomplishes this mission through advocacy, education, community-based research and services.

*Funded by*



**Mentally Healthy People  
in a Healthy Society**

– CMHA Vision



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*La santé mentale pour tous*



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# CMHA-VF ECHO PROGRAM

**ECHO** welcomes, promotes, and celebrates cultural diversity in our local community – appreciating the uniqueness of each member’s background and identity.

ECHO serves adults (19+) in the community of Burnaby who have lived experiences of mental health and substance use.

## What does ECHO do?

1. Promotes skills and knowledge in areas that will enhance health and wellness.
2. Helps members to obtain vocational skills aimed at advancing academic, volunteer and job related skills including the provision of support prior to and during job placements.
3. Teaches members to develop food skills for independence, healthy options and food sustainability.
4. Gives members access to recreation and leisure activities to improve wellness, interpersonal skills and create stronger connections to the community.
5. Provides an environment to give and receive peer-based support and peer-mentorship for mental health and recreation opportunities.
6. Delivers a Young Adult program (YA), designed for members 19 - 29. YAs have the opportunity to learn and develop practical and social skills, build independence and connect with other young adults that experience mental health barriers.
7. Gives access to membership to **My Artist’s Corner (MAC)**.

## Joining ECHO

If you’re interested in learning more about **ECHO**, and want to visit, please email or call the clubhouse to ask any questions or to arrange an orientation. Membership to the ECHO program is **FREE!**

A referral will be required by a health professional (e.g. psychiatrist, general practitioner, or case manager).

Referrals can be faxed to **604-526-7097** or emailed to [echoclubhouse@cmha.bc.ca](mailto:echoclubhouse@cmha.bc.ca).

Having your completed referral form ready for your visit is encouraged but not required for your initial orientation.

## Joining MAC

**MAC Vision: Make art. Be well.**



MAC’s mission is to empower individuals to explore their artistic potential on their journey of mental health and wellness.

To become a member of **MAC** a person must be a member of **ECHO** or **New Leaf Clubhouse**. **Membership to MAC costs \$20 a month.**

Contact **ECHO Clubhouse** for more information or the **MAC** Coordinator on **778-855-1704** or [myartistscorner.1@gmail.com](mailto:myartistscorner.1@gmail.com).



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## ECHO Focuses on Three Main Philosophies



### Recovery-Centered Clinical System (RCCS)

Emphasising culture and conversations, fostering a thriving recovery environment, and focusing on the individual to help cultivate power-sharing, promote respect, celebrate uniqueness, and emphasize choice and harm reduction.



### Psychosocial Rehabilitation (PSR)

Growth and change are possible and hope and respect are the backbone to service. PSR is person-centered and strengths focused. Informed and shared decision-making is key for empowerment.



### Therapeutic Recreation (TR)

Engagement in meaningful recreation and leisure pursuits supports community inclusion, social interaction, and skill-building opportunities, and increases overall individual wellness.

- **ECHO** emphasizes self-agency, personal responsibility, building on a person’s strengths, and respecting a person’s hopes and dreams as they engage in their unique and non-linear journey.
- **ECHO** values and includes the input of members in creating programs and evaluation, and seeks to support individuals to develop and utilize their leadership potential.