



Book of Heroes

SurreyCares Community Foundation

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**listed in alphabetical order according to associated NPO, if applicable*

Nominees



Big Sisters of BC Lower Mainland

Big Sisters provides positive female mentorship to young girls in Surrey. Big Sisters do not aim to "fix" kids, but to empower them to be all they can be! By giving a child or youth a mentor, they are given a cheerleader; someone who can stand by them and support them to make healthy and positive decisions for themselves. Big Sisters is committed to supporting female, transgender and non-binary youth in Surrey. Our vision is that every child who needs a mentor, has one, and Big Sisters is working on achieving this every day!

Big Sisters served 166 girls in Surrey in 2017 and aims to serve even more in 2018. Matching a child with a Big Sister has shown to increase their self-esteem, confidence and overall well-being. There are so many girls in Surrey who could use a strong female role model and Big Sisters is able to provide this. Big Sisters helps create strong connections between different members in the community, emphasizing values such as respect, consistency and honesty.

bigsisters.bc.ca



Michael Chang

He currently serves on the following boards: KPUAA, CPABC Surrey Langley North Delta Chapter and Surrey Search and Rescue. His passion to serve was born at Langley Boys & Girls Club where he dedicated 100+ hours over a year. Michael served as an ambassador for KPU on President's Ambassadorial Team where he represented KPU and President of KPU at various engagements (2011-2014). He was also instrumental in the development, implementation, and management of Surrey Cares' Youth Empowering Surrey Program (2011-2014). He was an advisor for the GVBoT's LOT Program (2015 – 2016).

Michael was the Adult Advisor for Surrey Cares Youth Empowering Surrey Program. He was responsible for: marketing, recruitment, program launch and oversight, and program review, budget and forecasting, and facilitation of meetings.



Ernie Jantzen (Clothes 2U)

His many years of service in Tri Cities, Alder and Surrey area to give and collect free house items and clothing to families in need at his own expense, no grants applied for.

This is a remarkable effort to move enough goods, store, transport and provide for so many at so many venues. This organizer is keen on Free market economy where we have so much surplus to share and avail to others.

clothes2u.ca



Tom Oleman (Cwenengitel Aboriginal Society)

Cwenengitel provides a safe environment where up to 12 Aboriginal men may reside while addressing drug and alcohol addiction. Additionally, Cwenengitel aims to help clients return to their community and lead a productive life. They offer counselling, life skills, and traditional healing methods to residents and non-residents.

Men may attend school or work part-time. There is no minimum stay; the maximum stay is generally two years.

Cwenengitel offers counselling, life skills, and traditional healing methods to Aboriginal men in the community who are not residents. And holds a traditional healing circle 7:30 pm Thursdays, and regular sweat lodges, both of which are open to non-Aboriginal men and women in the community

cwenengitel.weebly.com/



Dan's Legacy

Dan's Legacy provides therapeutic counselling and life-skills programs to youth affected by trauma-based mental health and addictions challenges. Most of our clients were raised in foster-care or group homes, have barriers accessing government mental health programs, and are at high risk for homelessness, life-long mental health issues and entrenched addiction. We deliver our programs through private therapy sessions and in partnership with other community-based organizations providing wrap-around services. Our goal is to help these youth meet their educational, housing and recovery goals.

In partnership with the Asante Centre, Dan's Legacy launched the Supported Program for Youth with FASD (Fetal Alcohol Spectrum Disorder) pilot workshops at Surrey's PCRS Centre in November, 2017. Youth with FASD are predisposed to mental health concerns, are at risk of early school dropout and justice involvement, and struggle to meet everyday challenges such as independent living and employment. The pilot program provides leaders with FASD the opportunity to help younger peers understand their abilities and discover areas of support to develop self-advocacy and life-skills.

Dan's Legacy also provides counselling and life-skills intervention programs currently to 38 Surrey youth facing mental health and addictions challenges. Youth like 22-year-old "Ashley" who was diagnosed with Borderline Personality Disorder, anxiety and depression. "Ashley" used alcohol, meth and cannabis to suppress psychological pain, and experienced numerous personal crises, drug-induced psychosis, overdose and a suicide attempt. Therapy helped her stabilize and learn to self-regulate; she is now back in school, working part-time, and recently obtained her learner's driver's license.

danslegacy.com



Down Syndrome Research Foundation

The Down Syndrome Research Foundation empowers individuals with Down syndrome to reach their full potential. The establishment of a satellite office in Surrey two years ago was a welcome development for families in Surrey, giving them direct access to crucial educational programs and services that help their children become all they can be. As individuals with Down syndrome work with DSRF, they gain the skills and confidence needed to thrive in school, the workplace and the community. Families can face the future with confidence as they see their children grow towards maximum independence.

When the Schoutens decided to add to their family, they chose to see potential. “We adopted Sarah seven years ago,” says her mom, Phyllis. “We were ready to grow our family, and we knew there were kids that needed a family as well, so it was kind of a natural step.”

Sarah has faced a number of challenges in her young life, including heart problems and several eye surgeries. In addition, her development has been delayed in many areas, including her speech, behaviour, toileting and walking.

But just as Sarah found a supportive family to care for her, so too did the Schoutens. When Sarah was four and a half, she began attending the Down Syndrome Research Foundation, a step that Phyllis describes as “literally life-changing.”

“It was the beginning of a new blossoming for Sarah,” she affirms. What began with weekly speech therapy sessions has expanded to include occupational therapy and reading lessons. Each step of the way, Sarah has grown remarkably.

“I discover things I didn’t know she could do, and clearly she learned it at DSRF,” says Phyllis. “She loves to practice her letters and reading, and those are things she’s learned at DSRF.”

dsrf.org



Kinsmen Lodge

Kinsmen Lodge provides loving and holistic care to Elders with complex health needs in a home that respects cultural diversity and the right of Elders to make personal choices in their lives.

Care

- Is based on an individualized assessment of your loved one's needs. We respect that each of our Elders is a unique individual with varying needs that we strive to meet.
- Involves our resident, the family and significant others. We respect that you have intimate knowledge of your loved one and we want you to always feel you can share your thoughts and ideas with us.
- Encompasses physical, social, emotional and spiritual needs. We respect that each of our residents has lived an active life with varying interests, and we strive to keep them engaged, interested, and connected in whatever way works best for them.
- Is geared toward maximizing independence and individual potential. We respect that each of our residents comes to us with different levels of care dependence but we capitalize on every opportunity to encourage and honour independence and potential. Living is our focus.

Is carefully coordinated and inter-disciplinary.

www.kinsmenlodge.ca



Lookout Housing + Health Society

Lookout provides non-judgmental, non-sectarian services to individuals coping with a wide variety of challenges including poverty, mental illness, substance use, trauma, mental and/or physical disabilities, chronic health illnesses, financial and legal issues – or those simply unable to cope.

Lookout's multiple services include: 12 outreach teams, 3 community resource centres, medical and dental clinic, food bank, needle distribution and community cleanup, HIV and Hep C supports, 2 social enterprises, numerous peer and employment programs and youth counselling programs. These services collectively serve more than 2,500 people daily.

We serve 11 communities in the Lower Mainland of British Columbia: Vancouver, Surrey, New Westminister, West Vancouver, North Vancouver (City and District), Burnaby, Langley, Abbotsford, Mission and Maple Ridge. Including emergency and extreme weather shelters, Lookout houses more than 1,400 people each night.

Lookout.ca



Muslim Foodbank and Community Services Society

FOOD BANK providing food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions). In 2017, we assisted approximately 600 clients mostly families (about 3,000 people). The Capacity building program, also referred to as ASPIRE Training had almost 200 participants in 2017 including our volunteers, caseworkers and members of the community at large. ASPIRE caseworker program continues to serve our clients and our pool of caseworkers, translators and administrative supporters have increased to over 100 volunteers.

ASPIRE works with low income families, immigrants, and refugees who are registered with the Muslim Food Bank and Community Services. ASPIRE aims to empower families who are using services by connecting them with volunteer caseworkers. We provide training to educate caseworkers about trauma informed practice. Majority of our clients are refugees who have experienced some form of trauma. Our client base includes children who have witnessed violence and been impacted by childhood poverty. ASPIRE works from a trauma-informed lens. We provide support that honors the dignity of each client. We are currently working with 600 families. We have been successful in providing for the physical and mental health support services. We have seen our clients progress due to the early intervention. ASPIRE has successfully formed connections with various support agencies and developed programs that cater to the needs of our client group.

muslimfoodbank.com



Options Community Services

Options Community Services is a non-profit society and registered charity dedicated to making a difference. We are committed to empowering individuals, supporting families and promoting community health. Everyday, we aim to achieve these goals through a wide variety of programs and projects.

options.bc.ca



optbc.org

Options for Sexual Health

Opt (Canada's largest non-profit sexual health services provider) operates four sexual health clinics in and around Surrey: Surrey Opt Clinic, South Delta Opt Clinic, North Delta Opt Clinic, White Rock Opt Clinic, and Langley Opt Clinic. In the first half of the year alone, the clinics saw close to 670 patients and provided them with more than 1,000 sexual health services. These services are available only through the passion and dedication of our team of volunteers and 12 clinicians with expertise in sexual health.

Our patients tell us that they sought care from Opt because of our reputation as inclusive and non-judgmental experts. They trust Opt with their care and which allows them to accept the information provided, which in turn reduces shame, anxiety, and discomfort. Receiving the care they feel they deserve leaves them empowered to be responsible for their health and accessing health care services when they need to.



Resham (Paul) Dosanjh (Progressive Intercultural Community Services Society PICS)

Paul has been volunteering his time at PICS over the past 12 years at 40 hours per week! He is a proactive person who has devoted his life for the past 25 years to help, support and empower the vulnerable members of our society through various voluntary initiatives to help resolve their issues, problems and improve their quality of life.

Paul has played a significant role in providing support and guidance as required to many of the seniors living at PICS Assisted Living as well as at the Independent housing building. He has created a self managed committee within the independent housing and played a significant role in organizing the various events in conjunction with many community and educational partners. Paul has won multiple awards for his volunteer work including AMMSA Service Recognition Volunteer Award (2014), Heart in the City Award

(Individual Category 2014) and certificate of Appreciation (Volunteer 2008) Swami Ramdev Yoga Camp BC. Paul is proficient in English, Hindi, Fijian Hindi, Urdu, and Punjabi.

pics.bc.ca



The Realistic Success Recovery Society

The Realistic Success Recovery Society a small community based, ethical facility that offers clients a home for long-term recovery in Surrey. The Trilogy Houses offer onsite detox, residential treatment, support recovery services for men based on abstinence from drugs and alcohol. We provide a safe, supportive, structured and supervised environment to facilitate physical, mental, emotional and spiritual recovery. Today, 11 of 30 residents have achieved one or more year's sobriety—an outstanding accomplishment!

The Realistic Success Recovery Society operates three mental health and substance abuse facilities in Surrey and has alumni in communities around the province who are now gainfully employed, raising children and giving back to their communities. Many of the residents were homeless or at risk of being homeless, and increasingly our clients come with a history of abuse – mental, sexual or family abuse, in some cases spanning decades.

Tom an alumni shares, “I didn’t know how to make a bed or clean a bathroom before living at Trilogy House, and because I learned those things I now have the confidence to complete high school and go on to post-secondary education – that wasn’t possible 2 years ago”.

The Realistic Success Recovery Society saves lives in the short term and improves the lives of individuals, their families and our community in the long run. “For every dollar spent on treatment options, up to twelve dollars is saved in health care and criminal justice costs.”(National Institute of Drug Abuse)

<http://therecoveryociety.com/>



recforkids.com

R.E.C. for Kids Society

REC For Kids is an all-volunteer Charity. REC's vision is "Every child in need will have the sports and recreational equipment required to be active, stay healthy and have fun." Our partners including the Surrey Schools and similar social service agencies refer all recipients of these used items. REC stands for RECYCLE EQUIPMENT and CYCLES. So the public donates this used equipment and REC's volunteers repair, refurbish and redistribute these items to Surrey's needy children and their families. In 2017 over 3000 items were reused thereby keeping them from going to landfills.

One of our stories:

A group of indigenous teens wanted to play basketball as a team. They had no team balls and none of the teens had their own balls. REC For Kids Society provided balls for each teen and five team balls. here is a link to the story <https://video214.com/play/MY5YciVfKMLhx0TzUaHJKQ/s/dark>



Jean "Mac" Blackburn (Royal Canadian Theatre Company)

Imagine a young adolescent walking into a room where they know no one. They are there to audition for their first ever role in a theatre production. They walk up to the table and the lady at the desk gives them her 500-watt smile, a huge welcome, maybe even a big hug, and suddenly that nervous young person is a part of the family! That is Mac Blackburn, and after the first moment you walk into an RCTC room she will always greet you as if you are the person she most was hoping to see!

Mac's incredibly welcoming nature is so important to RCTC, especially to their youth mentorship program. Kids from many areas of Surrey and the Lower Mainland get their first real experience in theatre at RCTC, and often they are kids

who have struggled with their self-confidence, personal identity, or have even been bullied. At every stage of their journey, through auditions to rehearsals to performances, Mac is there to encourage, guide, and boost up each end every one of them. She is patient, funny and supportive. Mac also organizes all the other volunteers for RCTC! As Surrey's professional Theatre organization nothing much would happen without volunteers. Through front of house sales of programs and raffle tickets, Mac's cadre of volunteers raises the funds to keep the youth mentorship program running. Her work brings the program full circle.

www.rctheatreco.com



Jill Glennie (Semiahmoo House Society)

Jill is the facilitator for the Self-Advocates of Semiahmoo (SAS). Jill provides an environment that allows self-advocates with cognitive disabilities to be in a supportive and safe place where they can identify, pursue and implement change for themselves, their peers, their community and the world at large. Jill takes a significant amount of time to listen to what SAS have to say and offering ideas of how they can accomplish their goals. She then supports them in attaining their agendas by enabling the creation of projects that SAS want to see implemented in the community.

Jill was instrumental in bringing Beach Accessible Wheel Chairs to the City of White Rock. She navigated the complex political landscape and secured the partnerships necessary to achieve this. Further, she organized a fundraiser to purchase the wheel chairs. Now, people who have mobility issues can experience the beach and water, some of them for the first time in their lives.

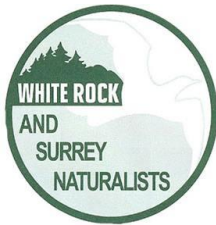
www.semi-house-society.com



Navinder Chima (Simon Fraser University)

Nav is an authentic practitioner of community engagement at SFU Surrey. He has worked closely with a number of community partners, and was the SFU lead for the development and delivery of C2UExpo 2017 - For the Common Good, Community Jam. The Jam was held at the Surrey campus and brought national and internal focus on the city of Surrey. Nav led the development of this innovative and dynamic experience that has long lasting impacts on the city of Surrey. He made sure the event was a celebration of all things Surrey, not just SFU. Nav leads with heart; he is Surrey cares.

sfu.ca/campuses/surrey.html



White Rock and Surrey Naturalists Society

Club interests: Education, conservation and stewardship activities including hiking, gardening, walks, cleanups, surveys, field trips, presentations, monthly meeting programs and participation in public meetings and events. Currently providing stewardship to wildlife gardens at Campbell Valley Park, White Rock's Centennial Park, Adopt a Street at Sunnyside Urban Forest, Great Canadian Shoreline Cleanup at Mud Bay Park and activities with Surrey's Natural Areas Partnership; monitoring activity and providing education at the Serpentine Wildlife Management Area; partner host at Campbell Valley Nature Centre program; regular participant in Surrey's Environmental Extravaganza; participate/host the annual White Rock Christmas Bird Count.

<https://www.facebook.com/WRSnaturalists>