

Here to listen. Here to Help | Please join us.

CRISIS INTERVENTION & SUICIDE PREVENTION CENTRE of BC

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Charitable Registration # 10699-3322-RR001

The Crisis Intervention & Suicide Prevention Centre of BC (Crisis Centre) has been providing emotional support to youth, adults and seniors in distress since 1969. As a safe place to turn to when there seems to be no hope, the Crisis Centre is operated by 290+ front line volunteers and a small team of professional staff who support and empower individuals to see their own strengths and options, 24 hours a day, 7 days a week. As an award-winning organization, the Crisis Centre has been a pioneer in the industry, offering a comprehensive range of leading-edge programs that are evidence-based and utilize best practices.

In 2008, the Crisis Centre impacted more than 50,000 lives across BC through its three core programs.

24/7 DISTRESS PHONE SERVICES

operating four crisis lines and two 1-800 SUICIDE lines which are connected to a network of crisis lines across BC.

YouthInBC.com

innovative, online service where youth can connect live, one-on-one with a crisis chat volunteer, obtain email support from professional staff, locate timely & accurate information on different issues, and connect to referral services in their own community.

COMMUNITY EDUCATION PROGRAM

delivering more than 400 youth suicide prevention and stress management workshops to teens in grades 8 to 12 throughout the Lower Mainland and Sea-to-Sky corridor each year. The Crisis Centre also provides Professional Development workshops to a broad range of organizations across BC.

Paul's Story

Paul called the 1-800-SUICIDE hotline in tears. Last year, at the age of 37, he invested the majority of his savings in the stock market. In a few short months, he had lost almost everything. He was worried that his income, as high and as steady as it was, would not be enough to pay off his growing credit card debt and continue to make his mortgage payments.

Usually when things were rough, Paul turned to his friends and family. But lately he felt that he had been a burden to them and that they blamed him for his own financial mess. He felt guilty because his family had been relying on him, and he had let them down.

Paul felt like he had lost control over his finances, and his life. He was angry that nobody else seemed to understand how much pain he was in. "I just hate myself," he said. "I might as well be dead."

The volunteer listened to Paul, acknowledged his pain and then asked him what he was most proud of. He hesitated. After some thought, he said he was proud of his supportive friendships and that he was close to his family. He was proud of his successful career. As Paul took account of his accomplishments, he told the volunteer that he felt like he was thinking more clearly. He had been feeling suicidal, but now saw that he had the strength and the talent to make it

through this. He agreed to the volunteer's request that the Crisis Centre call him back the next day and that he would call back himself if he felt suicidal again.

Later that night, Paul called back and told another volunteer how happy he was with the support he got earlier that day.

"I'm so impressed with your service, and so thankful to have had someone help me get my thoughts together so I could see how much power I really have to make things better."

**Names and some details have been edited to respect the privacy of the caller.*



SAVE
THE
DATE

Annual General Meeting

Wednesday
April 8, 2009
6:00pm

Volunteer Appreciation Night

Friday
April 24, 2009
6:30pm



| Karl A. Maier*

Leaving a Legacy: Planned Charitable Giving

The seed of a planned charitable gift

reaches beyond you and your family's needs. A planned gift can give individuals an opportunity to take care of their estates while supporting the charity of their choice. A well-constructed planned gift will have personal benefits such as tax credits and memorial recognition, but at its heart it is a humane act of kindness, based on your charitable intent.

Although most Canadians make charitable gifts on an annual basis, far fewer make planned charitable gifts

that are payable after their death. It is surprisingly easy to set up a planned charitable gift. For example, a gift could be paid from an RRSP, RRIF, or life insurance policy, or through a will.

The first step in making a planned gift is to decide how much to give. If you are not sure of a specific amount, then you can set aside a percentage of your assets in your will. After that, all you have to do is select the charity of your choice, and then contact your professional advisor (lawyer, notary, or financial planner), or a planned giving representative at the charity to help you set it up. The

advisor will help to ensure that the timing and type of gift benefits both you and the charity, and that the gift mechanism is properly documented.

You can make a significant difference through a planned charitable gift of any size. If every adult person in Canada made a planned gift of just \$100, that would lead to millions of dollars flowing to charitable causes every year. The most important thing is to get started.

**Karl A. Maier is an estate planning lawyer at McQuarrie Hunter LLP. He has been a Crisis Centre donor since 2002 and held various positions (including president) on the Crisis Centre's board of directors between 2000-2006.*

www.crisiscentre.bc.ca



Legacy of HOPE

Your legacy gift to the Crisis Centre will ensure that support is always available through our:

- 24/7 Distress Phone Services
- YouthInBC.com (web-based support)
- School-based Youth Suicide Prevention Workshops



To learn more about leaving a lasting legacy, please contact

Kaman Ng, *Director of Development*
Crisis Intervention & Suicide Prevention Centre of BC

604-872-1811 x 225 • kng@crisiscentre.bc.ca

VOLUNTEER OPPORTUNITIES

Why I Volunteer | Shannon Ross

I have been a volunteer at the Crisis Centre for only four months now, and already my experiences here have been nothing short of inspiring and life-changing. I have met so many like-minded and wonderful people through the Crisis Centre and have formed friendships that will last well beyond my days as a volunteer there. We grew so much together as a group through the training process, and this personal development continues as we continue our journey as volunteers at the Crisis Centre.

I have been humbled and inspired by the people I have had the honour of speaking with over the phone. It is difficult to describe the feeling you get when you hang up the phone knowing you truly helped to make someone's day or night a bit easier; that you gave them a sense of hope for the future. As volunteers, we are given the opportunity to truly make a difference like this every single shift. As a counsellor who had taken a break from the field for a while, my work at the Crisis Centre has reminded me exactly why I entered this profession in the first place.

VOLUNTEER APPRECIATION NIGHT 2009

Our 290+ volunteers are the heart and soul of the Crisis Centre. During this year's National Volunteer Week, the Crisis Centre will be hosting our 26th Annual Volunteer Appreciation Night on April 24th, where our volunteers will be honoured with dinner, entertainment, awards and prizes.

Please help us recognize this incredible group of individuals by providing in-kind donations to be given as prizes to our amazing volunteers. Your support for this year's event will show our volunteers how valuable their work is to the community.

In recognition of your generous contribution, we would be happy to:

- display printed acknowledgement at the event and announce your donation during the prize give-away
- recognize your gift on our website (www.crisiscentre.bc.ca) and in the Fall 2009 issue of Open Lines, the Crisis Centre newsletter

To show our volunteers your appreciation, please contact Alexis Martis, Fund Development & Communications Coordinator at 604-872-1811 x228 or amartis@crisiscentre.bc.ca to discuss a gift in-kind.

Volunteering at the Crisis Centre is a great way to make a contribution to the community. You will receive extensive, high-quality training and obtain practical experience. Volunteering at the Crisis Centre, either on the Distress Line or in the Community Education program, is a great way to make a contribution to the community. It is especially helpful for those planning a career in the fields of counselling, education, patient care, or recreation, and for those who are in the twilight of their careers but have a lot to offer as new front line volunteers.

We are also looking for interested professionals to volunteer for our Board of Directors.

The Crisis Centre is almost entirely volunteer-driven. Without our team of more than 290 volunteers, our programs could not exist. Whether you have time to commit to four hours a week for a year on the Distress Line, or to commit to two workshops per month in high schools, the Crisis Centre welcomes your interest in becoming one of our valued front line volunteers.

Distress Services volunteers provide emotional support to individuals over the phone and YouthInBC.com (web-based hotline for youth). We offer training to approximately 20-25 new volunteers six times a year.

Application Deadline:

Monday May 25, 2009

Training Session Beginning on:

Saturday, July 4, 2009

Community Education volunteers facilitate stress management and suicide awareness and response workshops to high school students.

For more information or to apply to become a Crisis Centre volunteer, please visit our website at: <http://www.crisiscentre.bc.ca/volunteer> or email us at info@crisiscentre.bc.ca

Board of Directors

President: Bruce A. Stewart
Past-President: Doug Soo
1st Vice-President: Dave Elder
2nd Vice-President: Joanne Waxman
Secretary: Constantine Hatzipanayis
Treasurer: Mike Giannelli

Directors: Morgan Gough
Hilda Green
Jodi Moss
Natalee Popadiuk
Danae Slater
Deborah Williams-Walsh
Executive Director: Ian Ross



Annual General Meeting

The 40th Annual General Meeting of the Crisis Intervention and Suicide Prevention Centre of BC will be held on Wednesday, April 8, 2009 at 6:00pm at the Crisis Centre business office, located at 763 East Broadway, Vancouver, BC.

The following existing Board members have let their names stand for 2009-2010: David Elder, Mike Giannelli, Morgan Gough, Hilda Green, Constantine Hatzipanayis, Jodi Moss, Natalee Popadiuk, Danae Slater, Doug Soo, Bruce Stewart, Joanne Waxman, and Deborah Williams-Walsh.



The 39th Annual Report and audited financial statements will be available at the AGM.

Please call Tamara or Carol at 604-872-1811 to RSVP.

Light refreshments will be available at 5:30pm

Calling all Crisis Centre Alumni!

Did you ever volunteer for the Crisis Centre? We will profile our former volunteers in a special Alumni Connection edition of our newsletter to celebrate the Crisis Centre's 40th Anniversary in 2009. Tell us what you have been doing and how volunteering at the Crisis Centre has impacted your life!

info@crisiscentre.bc.ca



Here to Listen.
Here to Help.

Please...
Join Us!

YES! Life is precious and I want to help save lives. Here is my tax-creditable gift of:

Aeroplan Miles: _____ (minimum of 10,000) Stock Donation (we will contact you to arrange this)

\$50 \$75 \$100 Other \$ _____

I prefer to make my gift by: Visa
 Mastercard
 Cheque

CREDIT CARD NO. _____

EXPIRY ____ / ____ SIGNATURE _____

PHONE _____

EMAIL _____

Please return this reply with your gift and any name or address changes. Thank you.

I want to
join the
Circle of Life!

I authorize the Crisis Centre to receive
a **monthly** gift of: \$50 \$25 \$10 Other \$ _____

I prefer to make my **monthly** gift by: Visa Mastercard (Credit Card details above)
 Chequing account (Please enclose a cheque marked VOID.)

The Crisis Centre greatly respects your privacy and protects your personal information. We do not sell or exchange our donor's information with any other organizations. From time to time, we communicate to our donors. If you do not wish to receive future communications from the Crisis Centre, please contact us at 604.872.1811 or info@crisiscentre.bc.ca and we would be pleased to comply.