

WHAT'S INSIDE:

- Nature's Strength
- Healing Through Nature
- Nature Destinations
- Youth Workshops
- History of the Crisis Centre

“ In nature,
nothing is perfect and
everything is perfect.

Trees can be
contorted, bent in
weird ways, and
they're still beautiful

-Alice Walker”

NATURE'S STRENGTH

Living in northern regions can be challenging with the extreme changes in the seasons. The cold winter months have minimal sunlight and can seem unending. During this season, people may experience prolonged feelings of sadness or a lack of energy. When spring comes, these feelings can be replaced by increased joy and rejuvenation and people may feel energized once again.

Spending time in nature can impact our mental and physical health in significant ways. Research has indicated that spending time in nature can help feelings of depression and sickness. One study found that people who spend up to two hours a week in green spaces were more likely to report good health and better psychological well-being. If we can feel safe in nature, it acts as a remedy for stress by lowering blood pressure and stress levels while also enhancing immune system functioning. The terms "forest bathing" and "earthing" are emerging terms to describe the act of immersing oneself in nature.

Forest bathing means submerging yourself in nature by engaging all your senses to relax your body and take in the sounds, smells, sights, tastes, and textures of nature. During this state, your body can fully relax and be grounded. While walking through the forest, you can touch a tree, feeling the patterns of the bark with your fingertips and smelling the crisp fresh air. You can dip your toes in a creek while you listen to the trickling of the water through rocks. You might taste snowflakes during the first snow of the season.

Earthing is the act of letting nature touch our skin without any barriers. This allows our body to fully experience the calming benefits of nature. We can do this by walking barefoot on earth's

natural surfaces, such as grass, soil, and moss. In our fast-paced society, it is a necessity to wear shoes and boots and protect our feet while we move through our daily obligations. However, it is beneficial to occasionally remove these barriers and truly feel the earth we walk in. We can engage in different earthing experiences in nature such as burying our feet in the soft sand or dirt, walking through dewy grass, slipping through goopy mud, tiptoeing over rocks, practicing outdoor yoga barefoot, or doing some barefoot gardening. Using these techniques throughout the year can help us experience and connect with the power of nature.

Sources: <https://www.natureandforesttherapy.earth/about/the-science> and <https://heartofenglandforest.org/news/grounding-get-barefoot-forest>

Indigenous Healing Medicine

Indigenous culture believes in interconnectedness between people and nature. They have utilized medicines from plants and other natural resources by harvesting, preserving, and sharing. Medicinal plants are treated with gratitude and respect to acknowledge the gift they give to people. There are healers in Indigenous culture who are experienced in preparing and administering medicines. Medicine can be used in numerous ways. For example, bathing, taking medicines orally by chewing or drinking tea, using shampoos or washes, creams, infusions, incense, or directly rubbing on the skin. Many of these medicinal plants are available in BC, such as spruce, sweetgrass, sage, and cedar.

Source: <https://www.thecanadianencyclopedia.ca/en/article/native-medicines>

Incorporating Nature In Your Home

- Build a terrarium
- Essential oils
- Plants
- Use natural materials as decorations (rocks, shells, bark, dried flowers)
- Decorate picture frames with driftwood
- Herbal teas (made with ingredients from nature)
- Meditation music of nature sounds
- Invite more organic, twisted shapes into your home
- Open the curtains (add more light to your day)
- Pressed flowers
- Botanical baths
- Sit in a sunny spot



Therapy in Nature

- Horticultural Therapy (use of plants and garden landscape)
- Therapeutic horse riding
- Walk and Talk Therapy
- Animal Assisted Therapy

NATURE DESTINATIONS IN NORTHERN BC

- Liard River Hot Springs
- The Ancient Forest (Prince George)
- Kinuseo Falls (Tumbler Ridge)
- Cheslatta Falls (Fort Fraser)
- Twin Falls (Smithers)
- LC Gunn Park (Prince George)
- Driftwood Canyon Provincial Park (Smithers)
- Mount Pope (Fort St James)
- Livingstone Springs (Bear Lake)
- Hixon Falls (Hixon)
- Blue Spruce Trails (Prince George)
- Murray Ridge Trails (Fort St. James)
- Kager Lake Trails (Burns Lake)
- War Falls (McLeod Lake)
- Kleanza Creek (Terrace)
- Bijoux Falls (near Azouzetta Lake)
- Pinnacles Provincial Park (Quesnel)
- Onion Lake Ski Trails (Terrace)
- Ferguson Lake (Prince George)
- New Hazelton Waterfall

YOUTH WORKSHOPS

2022-23 SCHOOL YEAR

Suicide is a phenomenon that impacts individuals of all ages. However, for youth aged 10-24, suicide is the second leading cause of death. The Crisis Centre for Northern B.C. brings valuable suicide awareness and prevention workshops to both elementary and secondary schools in the north. Our goal is to help create suicide-safer communities. We recognize that we cannot stop youth from encountering suicide or challenging times. Our youth workshops aim to teach youth skills to help themselves, and their peers, when they are struggling, or if suicide is ever a concern. This school year we increased our workshop sessions by **40%**! We are passionate about reducing stigma around mental health and suicide and we look forward to continuing this important work.

This school year, the Crisis Centre provided a record number of workshops sessions to youth in Northern B.C!

201
sessions

1398
youth

53
classes

21
schools

“ COPE was fantastic for my students. The crew came in prepared, ready, and excited to teach, inform, but most importantly, listen and interact with the students of my grade 6/7 class. Awesome workshop that I'd recommend to any intermediate teacher. Students were engaged the entire time and took a wealth of information that they can practically use moving forward. – Grade 6/7 teacher ”

“ It was amazing because they talked about things that most of us would try to keep a secret; it brought it out of us and helped us with our strength and confidence to talk about it. – Grade 5 student ”

Contact our **Community Education Coordinator** at
community.education@crisis-centre.ca or 778.693.2765 for more information
on our workshops!

Connect with us online!



@crisiscentrenbc

contact us at
information@crisis
centre.ca and let



@crisiscentrenbc

us know your
thoughts on this
newsletter!



Crisis Prevention,
Intervention, and Information
Centre for Northern BC



HISTORY OF THE CRISIS CENTRE

The Crisis Centre was founded in 1970, inspired by Murray Krause and friends at the original Books and Company location. The Centre operated with two directors and 30 volunteers. Shifts were covered from 6 am to midnight in the Crisis Centre offices and a volunteer would work the remaining night shift from home, similar to today. Vince Ramcharran and Jim Loughery joined the Crisis Centre in 1975 and 1977, respectively. Jim states their "resources were rudimentary, consisting of a small office of two rooms, a telephone, some donated equipment, furniture, and some files. Due to our location, we also had drop ins." Vince adds that "the room was very small with a small window facing Quebec Street and a door into the main living room space. Smoking cigarettes in a building was allowed at this time and the small phone room was suffocating." At the time, the Crisis Centre's newsletter was titled "ON HOLD" with Jim as editor, while Vince answered letters to 'Dear Victor.'

Often, teenaged callers felt that the phone volunteers sounded like their adult parents. Youth were reluctant to speak with volunteers who sounded like the people they may have conflict with and would disconnect the call when answered. As a result, the Youth Support Line was formed in 1985 and continues today. The Youth Support Line aims to have youth between the ages of 16-21 answer this service so youth callers can speak to trained crisis responders closer to their age.

Both Vince and Jim speak of the friendly atmosphere in the Crisis Centre, with members often socializing outside of the office. Vince states "our socializing strengthened the volunteers as a team" to which Jim adds "we were a group of people of varied backgrounds whose main point of cohesion was our Crisis Centre."

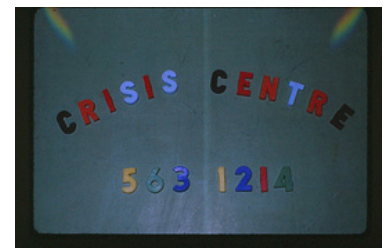
Today, the Crisis Centre has evolved to answering 4 local lines, including an online youth support chat, and one national line. It is currently operated by 35 staff and 25 volunteers, many of whom work remotely throughout Northern BC. We look forward to continuing to meet the needs of our communities.



1977 - Jim Loughery on a crisis call



1978 - Community Service Centre on 7th and Quebec Street (Crisis Centre in the windows on the right)



1978- Training photo slides

Crisis Centre for Northern B.C. Resources

- Northern B.C. Crisis Line: **250-563-1214, 1-888-562-1214**, 24/7
- Northern B.C. Youth Line: **250-564-8336**, 24/7
- BC Suicide Line: **1-800-784-2433**, BC-wide, 24/7
- 310-MENTALHEALTH: **310-6789**, BC-wide, 24/7
- Talk Suicide: **1-833-456-4566**, National, 24/7



Crisis Prevention,
Intervention & Information Centre
FOR NORTHERN BC

We are here for you 24-7

Crisis Prevention, Intervention, & Information Centre for Northern B.C.

#101-2700 Queensway, Prince George B.C., V2N 1L2

Business Line: (250) 564-5736 **Web:** www.crisis-centre.ca