

April 2026

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MAKING ROOM FOR GROWTH

With the first day of spring come and gone, many of us are probably feeling that familiar itch; it is time for spring cleaning! Partaking in the process of decluttering our closets and refreshing our homes is one way to shake off the sleepy haze that so often accompanies the winter months. It can leave us feeling energized and more awake than we have been for a while. However, we do not have to stop our spring-cleaning efforts with the physical environment around us. Spring is a time of growth and new beginnings, which means shedding the things in life that no longer serve us. Decluttering not just our spaces but also our minds and time commitments can make room for new thoughts and passions to grow.


In order for new and exciting things to take root in our lives, we must first make space. A great way to start is by unpacking our thoughts. Not every thought we have in a day will be meaningful, productive, or even nice, and that is okay. However, just as a cluttered house makes it hard to focus and feel good, a cluttered mind does the same. If we can weed our minds, just as we may weed a spring garden, it frees up room for new (and potentially more helpful) thought patterns to emerge. We can do this by noticing our recurring thoughts and writing them down. This makes it easier to recognize the ones that may be causing us strife, find their root cause, and remove them from our lives, if possible.

Similarly, reflecting on our time commitments and what occupies our attention can help us pinpoint the things in our lives that take more than they give. A good place to start is by paying attention to the content we interact with and follow on social media. Examine whether the creators and topics on your feed still bring connection and light to your life, or if they no longer do so. Move away from the content that does not serve you. Consider doing the same for the

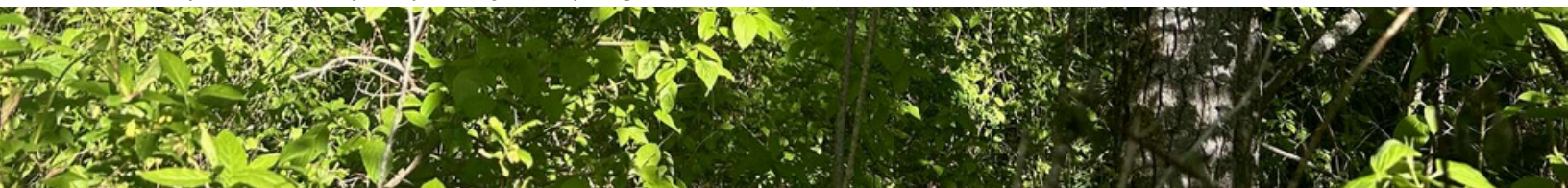
commitments in your life that take a lot of time and energy. Decluttering the things we spend time on daily, weekly, or even monthly can help us make room to focus on things that promote growth rather than those that keep us stunted.

The work to promote growth does not end after you have made space in your life for it. Growth is not something that just happens; you have to plant seeds. This could mean stepping out of your comfort zone to explore new interests, or it could mean dusting off old hobbies to reignite passions you may have previously ignored. Whatever it means to you, we encourage you to take action and pursue it.

Source: Newport Institute (2026). 6 Ways to 'Spring Clean' Your Mind for Better Mental Health



"The first step in crafting the life you want is to get rid of everything you don't."
— Joshua Becker



NEW COMMUNITY INITIATIVE!



You might have seen the Crisis Centre for Northern BC information booth when you are out and about at events; the folks behind the table offering information, care, and the opportunity for a deeper connection. Every one of us here at the Centre loves those days of being out in the public, talking about the place that we all care so deeply about.

While we were out chatting with the public one day, a thought appeared that blossomed into something much larger. What would it be like if we took the care we offer callers on the lines and brought it into the real world? What would it look like to create a space where people could share their stories with us face-to-face? We had been noticing that some of the places where we displayed our information needed a different

approach; less informational and more conversational. So, we got to work, and from these tiny thoughts, the “Your Story” booth was born.

Our goal with the “Your Story” booth was to meet the people who needed that little bit extra, exactly where they were. This would be the booth we brought to the street; it would be the movable kitchen conversation, so what we needed to create was a movable kitchen. It needed walls, a comfy table, some flowers, some soft light, and, most importantly, caring people to listen. The opportunities to get into these places already existed in the form of the monthly Healing Fires on the Prince George Courthouse steps, so this would be our starting point.

After months of planning and creating, and with the support of Northern Health Imagine Grants, the “Your Story” booth has hit the streets of Prince George. On a cold, cold March Day, we sat with people who had been marginalized by the wider community and heard their stories. We asked questions like, “What did your day look like today?” or, “Tell me about your childhood,” or, “Tell me about the best day of your life?” We held them gently and placed the stories in a soft nest so that the people who shared would know how important their stories are, how vital they are to society. Understanding that everyone needs to be cared for, everyone needs community, and that sharing is a critical part of belonging, remains the core of the support offered, and that belief moves through every community, regardless of social or economic structures. The Crisis Centre is

excited to broaden its outreach into the community, a pillar of our care, and to see where this new project brings us in the future. Come and see us at the monthly Healing Fires, share a cup of coffee or a hot chocolate and your story with us.



Cynthia Andral (Right; Team Lead) and Baptiste Marcere (Left; Community Education Coordinator) at the first “Your Story” Booth.

WORKSHOPS

Our training includes skills training, healthy coping, communication, peer support, and education to prevent and respond to crisis and suicide.

COPE

- This workshop uses the principles of mindfulness to help students in grades 5,6, & 7 achieve better mental wellness and cope with issues like anxiety, overthinking, stress, self-harm, sleep loss, and social media use.

Lifelines

- Lifelines is an evidence-based program for grades 5,6, & 7 designed to integrate youth suicide prevention into both the culture and mission of the school, which is to provide a safe learning environment for its students. Classes emphasize help-seeking behaviours and are aimed at students who encounter peers who may be thinking of suicide.

Reaching Out

- This workshop introduces the topic of suicide to youth and teaches about warning signs, that it's okay to talk about suicide, how participants can respond to suicide, and advises participants that it is okay to ask for help and to connect with a safe adult.

Self-Care 101

- A central goal of this workshop is to invite youth to see that each of us has mental health and, similar to caring for our physical health, we can learn to nurture and improve our mental health through our actions, experiences, and lifestyle choices.

GRASP

- This 12-hour skill-building program provides youth in Grades 9-12 with self-awareness, communication, and coping skills that will aid their personal growth and contribute to an overall plan for ongoing youth suicide prevention programs within schools and communities.

ASIST (Applied Suicide Intervention Skills Training)

- Living Works' two-day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention.

SuicideTALK

- Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants to become more aware of suicide prevention opportunities in their community.

Crisis Communication Skills for Peer Support

- This three-hour workshop teaches participants how to work within the Crisis Centre for Northern BC's ADEPT model to recognize when someone may be struggling and respond with clarity, compassion, and confidence.

Contact our **Community Education Coordinator** at baptiste@crisis-centre.ca or 778.693.2765 for more information!

● ● ● ● ● **UPCOMING TRAINING:** ● ● ● ● ●

Volunteer Training

It gives you a new perspective and a new way of looking at your own problems when you have a chance to understand others. The training is invaluable for your own communication skills and relationships.

Please contact our Team Lead at cythia@crisis-centre.ca to apply or for more information.




ASIST Workshop

(Applied Suicide Intervention Skills Training)

Dates: TBD

Please contact Cianna Wetterlind at community.assistant@crisis-centre.ca to be added to our mailing list if you want to be notified when ASIST dates and registration become available.

Connect with us online!

 @crisiscentrenbc contact us at information@crisiscentre.ca and let us know your thoughts on this newsletter!
 @crisiscentrenbc
 Crisis Prevention, Intervention, and Information Centre for Northern BC

SPRING WORD SEARCH

N	C	F	D	E	D	A	Y	L	I	G	H	T	P	O
Q	E	L	H	O	P	E	V	G	G	R	A	J	A	X
L	Q	O	X	R	S	P	R	O	U	T	W	Z	O	E
Z	O	W	X	A	L	S	U	N	N	Y	O	V	L	Y
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B	X	G	J	K	G	A	A	W	A	K	E	R	I	S

FIND THESE WORDS

- Awake
- Bloom
- Cleaning
- Daylight
- Declutter
- Freedom
- Flower
- Garden
- Growth
- Hope
- Joy
- Nature
- Rain
- Renewal
- Resilience
- Spring
- Sprout
- Sunny
- Transformation
- Transition

CARING FOR THE ENVIRONMENT MEANS CARING FOR YOUR COMMUNITY!

In a happy coincidence, spring and the cleaning that often goes with the season align with Earth Day (April 22nd)!

As we declutter our lives, homes, and wardrobes, take a moment to consider what can be reused and what can be recycled. Too often, we look at things we no longer need or want and just dispose of them without thinking. Remember that items like clothes, electronics, and household goods that are still in good condition can be reused by others. Donating these items to a non-profit thrift store or offering them to neighbours and community members not only prevents them from ending up in a landfill but also helps support those who may be less fortunate and strengthens community bonds. So this spring, keep in mind that a little extra effort and time spent on thoughtfully disposing of your extra clutter can make a big difference for the environment and your community.

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
- Suicide Crisis Helpline: **9-8-8**, 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.

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