

Our Locations

Vancouver West Side:
Suite 200 – 4088 Cambie Street
Vancouver, BC V5Z 2X8
(Corner of King Edward)
Tel: 604-875-6193

Vancouver East Side:
3rd Floor, 2750 East Hastings
Vancouver, BC V5K 1Z9
(Corner of Slocan)
Tel: 604-675-3893

Our office is open Monday to Friday from 8:30 am to 5 pm. We are closed weekends and Statutory Holidays

Bright Spot Older Adult Rehabilitation Program

The **Bright Spot** runs weekdays from 11 am to 2 pm. You will be invited to attend one day per week, the day that best fits your needs.

On the morning of your scheduled program day we will call you to confirm your attendance and transportation.

Referrals

Referrals can be made through your health care provider.

Please contact us at
604-875-6193

For more copies, go online at <http://vch.eduhealth.ca> or email pheh@vch.ca and quote Catalogue No. **GT.300.B75**
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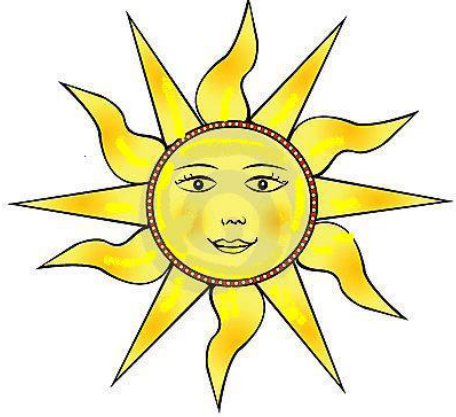
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www.vch.ca



Bright Spot

A Therapeutic Day Program

Part of the Older Adult Rehabilitation Program



“The Bright Spot gives you a reason to be”
~ Bright Spot participant

Vancouver Community
Mental Health & Addiction Services

Promoting wellness. Ensuring care.

Welcome

Bright Spot is a weekly social and activity program for seniors who have mental health and wellness concerns.

We believe that older adults are able to lead a full and meaningful life by developing the skills and supports necessary to live as independently as possible.

Come join us for:

- A social and nutritious lunch
- Hobbies and interests
- Physical and cognitive fitness
- Health and wellness education
- Support and connection

There is no time limit to attending the **Bright Spot** however, many participants use the **Bright Spot** as a stepping-stone to other community-based adult day programs.

What makes the Bright Spot unique?

We offer small groups of up to 15 people in a friendly home-like environment.

The program is run by specialized mental health staff.

There is no cost to attending (minimal for special events).

We manage your transportation.

We make reminder phone calls for each group.

Programming is flexible and determined by participant needs and interests.

Bright Spot clients also have access to:

- Support to connect with community resources
- Individualized assessment and treatment of function at home and in the community
- Health related educational groups and workshops
- One to one peer support services

Client Testimonials

“Bright Spot provides something to look forward to each week.”

“Bright Spot helps keep the mind busy.”

“I am very supported within the group.”

“It has helped directly with recovery, through participation, awareness, information”

Staff

Our dedicated staff are occupational therapists, rehabilitation workers and peer support workers.