

Newsletter

Fall 2022

THRIVE



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We're relaunching our newsletter!

It will be issued twice yearly, and we hope to bring a lot of information, news, and much more!

Please distribute this issue to your clients, friends, partners and anyone else you think might be interested.

If they want to subscribe, please e-mail Communications@thrivevictoria.org or sign-up on our fantastic new website at www.thrivevictoria.org.

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Phoenix Human Services changes its name to Thrive



On April 5th, 2022 Phoenix Human Services, a Victoria-based non-for-profit charity that provides life-changing services for children, youth, adults, and families changed its name to Thrive Social Services Society (Thrive). Since 1981, the organization has provided a range of programs that recognize an individual's uniqueness and created opportunities to enhance their strengths and resourcefulness.

The new name, Thrive, and tagline, "bringing your potential to life" are part of a larger strategy to grow awareness and understanding of the organization, increase revenues from different sources, and strengthen its ability to serve more people in Victoria. "Our city is growing," shares Thrive Executive Director, Scott Bradford, "and we want to be positioned to meet demand and offer new and innovative services."

"We are excited and proud to unveil the new name," says Marshal McLernon, Thrive's Acting Board President. "It evokes a sense of energy, reflects the input of our stakeholders, and reinforces our commitment to helping people flourish and achieve their potential."

With over 80 staff, Thrive brings tremendous depth, skill and experience in community social service to the Capital Region. The team of social services professionals looks forward to continuing to help children, youth, adults, and families live their best lives.

THRIVE

About our new logo

Everyone is unique so each letter is different, but together they make a complete idea. We also grow in different ways so the letters are moving to capture this dynamic element we all share.

The letters are forest green signifying growth. No matter who you are, we're here to help people grow in the direction that feels right for them.

Our Tagline: Bringing Your Potential to Life

We all have strengths and potential in our own unique form. Our tagline aims to speak to that. Every person we work with can reach a potential they have set for themselves. The tagline is hopeful and based on our strength-based, goal-orientated philosophy.

Communicating Our Message

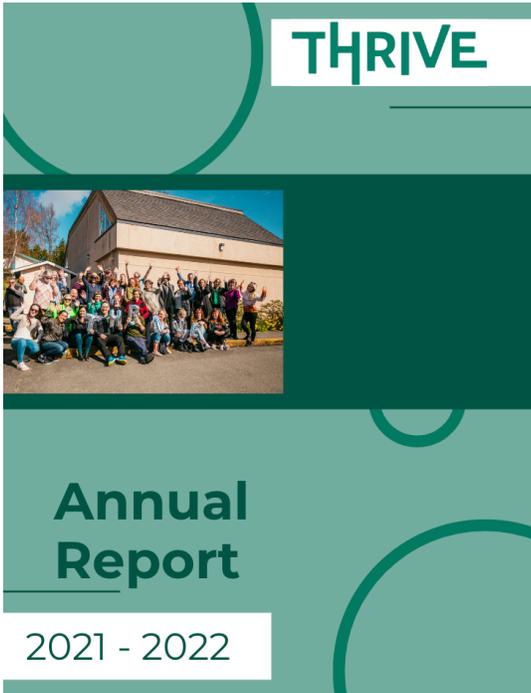
The name and logo attempt to describe our work. We help our clients thrive in their own way. This brand is part of a strategy to grow our services; and to meet more of the needs of those we serve – and can serve.

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Thrive's Annual Report



Thrive's Annual Report (2021-2022) was released at the last Annual General Meeting (AGM) on October 12. Participants learned more about what we do in the community, meet the Board of Directors and heard about the year's accomplishments and challenges.

The document lists the achievements and results of our programs and Thrive's accomplishments that marked the last year.

Read the full document [here](#) or you can find it on [our website](#).

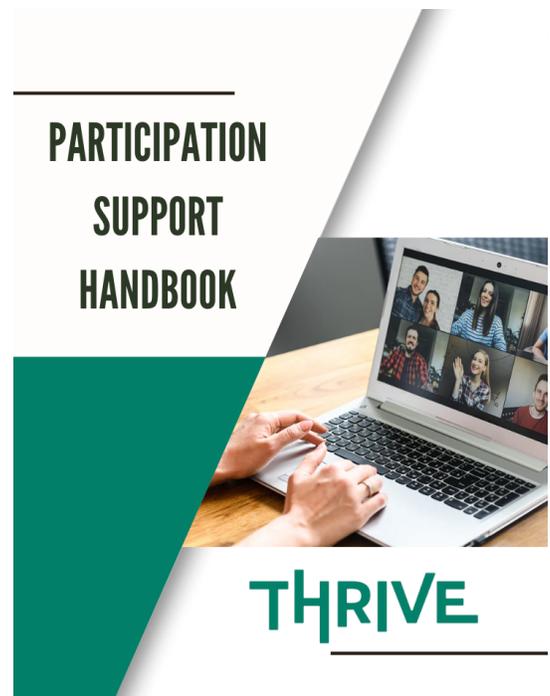
Zoom Handbook launched

Thrive has prepared and launched a user manual for Zoom. The goal is to help users access the program and give some tips to make users more comfortable and confident.

The document includes instructions from downloading and accessing sessions to participating and configuring sound, microphone and camera.

Also, the document lists contact details for staff and managers to facilitate contact by session participants.

Access the Handbook [here](#)



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Thrive promoted two Camosun students with financial bursary awards

Thrive is very proud to be a long-time partner of Camosun College promoting students in the School of Health and Human Services. Last year we provided two financial bursary awards.

THRIVE SOCIAL SERVICES SOCIETY AWARD

Recognize a Community, Family and Child Studies Diploma student graduate who demonstrates a passion for the field.



“This award made a significant impact on my ability to successfully complete the Education Assistant and Community Support and the Community Family and Child Studies programs at Camosun College”.

Gillian Gaffney
Recipient, Thrive Social Services Award

JAMES GUTHRIE MEMORIAL AWARD

Recognize a student in the Human Services, Community, Child, and Family Child Studies program with deep resonance for social justice issues, especially those involved in the disability world who is passionate about ‘improving the system’ to make this a better world for all.

“As an aspiring child protection practitioner, the James Guthrie Memorial Award is profoundly meaningful in recognizing my efforts and desire to advance social justice in the community. Your support to my education at the Camosun College is deeply appreciated”.

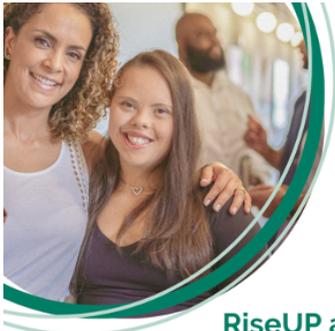
Celinia Fung Wachal
Recipient, James Guthrie Memorial Award



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RiseUP awarded
with RBC funding



RiseUP awarded with RBC funding

With the goal of empowering Canadian young people for the jobs of tomorrow, RBC announced in August funding of \$30,000 for RiseUP Youth.

"RBC is proud to partner with Thrive Social Services Society to ensure young people are better prepared for the future of work." says Thomas Golka, from RBC.

Learn more about Future Launch [here](#).

A first milestone!

We are thriving!

It's very important to celebrate our achievements, even small ones. Now Thrive has reached its first milestone on Instagram! We want to thank you who are with us and are part of this important moment!

Follow us: [instagram.com/thrivesocialservices](https://www.instagram.com/thrivesocialservices)



The Village Initiative

We are excited to be part of the great work of The Village Initiative - more than 40 organizations sharing a commitment to the vision of healthy and thriving children, youth, and families across the Sooke and West Shore communities.

Learn more about TVI here: thevillageinitiative.ca

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Post-traumatic disorder at the workplace: Mary's Story



When one goes through an upsetting situation in the workplace, frontline workers may experience post-traumatic stress disorder (PTSD) or vicarious trauma, which can manifest with neurophysiological and mental symptoms. That is why it is essential that there is special attention to those who go through a traumatic episode.

An example of how Thrive supported a staff member is the case of Mary, a counsellor at Thrive. In June, a client who she has worked with closely for a couple of years passed away. Mary says she is grateful for all the support received from the team:

The agency's response to this traumatic event was the silver lining for me. I felt very supported, which greatly reduced the PTSD which I experienced and allowed me to return to productivity much sooner”

Mary shares here her thoughts on what really helped her:

1. The empathetic response from the manager. She sent me home for the day after I was notified of my client's passing and offered to set up critical incident debriefing counselling for me right away.
2. The agency funded critical incident debriefing with a clinical counsellor I had worked with previously.
3. The manager asked for my permission to share what happened with other family development counsellors (FDC), who then reached out to me, and offered their condolences.
4. The staff was all so empathetic, kind and reassuring toward me in our interactions. Their kindness felt therapeutic.
5. My manager assisted me to transcribe case notes, which were too painful for me to write about. She also arranged for another FDC to take over and work with the family (as I requested).
6. The kindness staff showed toward my client's young son when he came to spend time with me at Thrive.
7. Another FDC who also assists with FD program admin duties, guided me in the completion of the final report for the family and went above and beyond to help reduce the chance of being re-traumatized.

For more information on Post-Traumatic Stress Disorder please [visit our website](#)

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2022 Holiday Party



On the 26th, Thrive's staff got together for our first Holiday Party in two years. Organized by the Wellness Committee, we had a delicious dinner, appreciation for our employees, a photo booth and lots of music and dancing.

All this was possible thanks to the awesome commitment of the Wellness Committee members! On behalf of all the staff and guests, we would like to thank you for the epic event!



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Thrive Social Services

This Newsletter is published by Thrive Social Services.

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