



wcmhn

# Network Peer Support Groups

Every group strives to offer a compassionate, encouraging environment where members can benefit from fellowship and social interaction.

Other than the Shakti, Women's and Men's groups, all groups are open to both women and men. All groups meet twice a month, except for the Expressive Arts Group and the Conversation Club, which meet weekly. If you would like to join, or learn more about, any of our groups, please provide your contact information to the Network office (604-733-5570); the group facilitator will contact you.

## Cultural Arts Group

**Paula Mines**

We attend many different kinds of shows, and have also enjoyed nature walks and craft classes. There is sometimes a waiting list for popular events.



## Men's Group

**Colin Beiers**

We offer an opportunity for men to get together and participate in such activities as watching movies, going for walks, and attending community dinners.



## Latin American Group

**Wendy Martinez**

Our members have come to Canada from various Spanish-speaking countries. We enjoy cultural events, walks, eating Spanish food and learning about health and wellness.



## Yoga Group

**Loretta Dugaro**

Members learn how to increase strength and relieve stress, anxiety, depression and physical pain. No experience is needed, and poses can be adapted to accommodate all fitness and ability levels.



## Expressive Arts Group

**Bernadine Fox**

Members develop their creativity while enjoying various art and craft activities. Materials and, if desired, instruction are provided. No experience is necessary.



## Book & Film Club

**Kathleen Still**

Members participate in stimulating discussion about the books we read and the movies we see, and enjoy a snack afterwards.



## Conversation Club

**Dianne Thurston**

Members enjoy discussing such topics as relationships, philosophy, politics, current events, religion, sports, fishing, bicycling, the mental health system, medication, holistic alternatives and human rights.



## Co-Ed Volleyball/Badminton Group

**Farida Bhimji**

After a 10-minute warm-up including running and brisk walking, we play three games of either badminton or volleyball, then stretch and have a snack. No experience is needed.

## Shakti Group

**Farida Bhimji**

Our members are women with a South Asian background. We enjoy cultural events, go for walks, have snacks, and learn about health and wellness.

## Women's Group

**Carol Salmela**

Members attend cultural events, including movies and theatrical performances, as well as participating in other activities, such as receiving facials and manicures.



*Phone to join a group*

**604-733-5570**

CHECK IT OUT  
Visit a group to see if you like it.