



The Cowichan Community Centre boasts the world's largest hockey stick!

Cowichan Mood Clinic Support Group

I would like to introduce everyone to a very unique community of people who come together to support each other and discover more about mental health, the Cowichan Mood Clinic support group. We have psychiatrists who attend the meetings but we, as a group, run and maintain the meetings. It is our group to run and that is what gives it that special uniqueness.

Our group was founded almost 26 years ago. We meet every Tuesday on a drop-in basis and our numbers vary from six to 35 people each week. The ages of our group members range from 18 to 65 with both males and females in attendance. Families and friends are always welcome to sit in on the meetings.

Each year we put on a facilitator workshop to train folks to be able to take on the task of facilitating meetings. We change facilitators each week. Some weeks we have a specific topic to discuss and other weeks it is an open discussion for all to join in. We have movies on mental health and guest speakers, such as a pharmacist from the hospital, to help us understand medications. Community health workers and the Mental Health Crisis staff have come and discussed what their jobs are in the community.

Since inception the group has grown, with many having left and later returning, and with new people always coming to the drop-in meetings. The group has a great influence in the community and in their advocacy role within the in-patient unit at the local hospital. We hold barbeques for group get-togethers and support. Our group is located in the beautiful Cowichan Valley.

N. Lee Price, Grad Nurse, BA, M.Ed.
Treasurer