

Sooke Supports the Community

The gorgeous Sooke Basin



The MDA support group began in Sooke in October 2008. We started off with a couple of people and now have about six regulars. We have had others come and go, but those of us who have stayed are getting to know each other better and better.

We discuss medication, life events, and resources in our community and we all love to have some laughs each night. We meet the 2nd and 4th Wednesday of every month.

Our youngest member is in the late 30's and the oldest in the mid 50's. Most are women. Most of our group does not work so the group is a means to connect with others.

We have had one speaker so far and look forward to booking more. We use the group to share and obtain information and to have a supportive ear.

Shelagh