



**HERE COMES THE SUN!**

**50% OFF**  
MSRP  
**HUNTER DOUGLAS SUNSHADE ROLLERS**

**HURRY SALE ENDS JUNE 30<sup>TH</sup>**

**SALES, REPAIRS & CLEANING**  
Quality & Service Worth Remembering

HunterDouglas Gallery

Custom Window Coverings & Drapery

New Products, Fabric & Colours On Display

Free In Home Consultations

Professionally Trained Installers

Ultrasonic Blind Cleaning

**Nelson ROOFING & SHEET METAL LTD.**

North Vancouver Island's Largest & Most Trusted Roofing Company.

**CALL FOR YOUR FREE ESTIMATE**

PROUDLY AFFILIATED WITH: "Roofing the Comox Valley for 35 years"

RCABC 250-336-8088 nelsonroofing.com

"A GUARANTEE IS ONLY AS GOOD AS THE COMPANY BEHIND IT"

**DEAL OF THE WEEK**

2016 CEDAR CREEK SILVERBACK EDITION 33 IK was \$84,995  
**NOW \$79,995 SAVE \$5,000!**

RV 1439

**Sunwest RV Centre**  
Celebrating 30 Years in Business in the Comox Valley

[www.sunwestrv.com](http://www.sunwestrv.com)  
2800 Cliffe Ave., Courtenay • 1-250-338-5355  
ACROSS FROM DRIFTWOOD MALL

The Premier Dealer of Cambria Stone surfaces in the Comox Valley.

**HARBOUR KITCHENS AND MILLWORK INC.** 2703 J Kilpatrick Ave 250-897-1124

[www.hkmillwork.com](http://www.hkmillwork.com)

## New support group for mood disorders



■ Scott Stanfield  
scott.stanfield@comoxvalleyrecord.com

The Mood Disorders Association of B.C. has initiated a North Island support group for people suffering from depression, anxiety, bipolar and related disorders. The first weekly meeting is June 30 in Campbell River, but facilitator Douglas Sewell hopes a group can eventually take shape in Courtenay as well.

"It's very much needed," Sewell said. "Something's got to be done about this stuff. I know it's difficult for people that have mood disorders. They don't want to go to a first event."

"Usually the first conversation is the toughest," said Lisa Murphy, Island Health's director of mental health and substance use for Central/North Island. "It's like any difficult conversation, I think, initiating it is the toughest part."

Roughly one in five Canadians will suffer a significant episode of depression during their lives. In Sewell's case, he has struggled with bipolar disorder since his teen years. A combination of medications has helped. But he has also managed to break the habit of "auto-pilot thinking" by way of mindfulness, a meditative practice that helps put a stop to "ruminating thoughts."

"It's about breaking out now and moving in the present," Sewell said. "That's why mindfulness for mood disorders is just like the miracle treatment. They combine it with cognitive behavioural therapy."

An initial resource could be a family doctor,

though participating in a support group might be an easier first step for someone suffering anxiety or depression.

"It takes a lot of courage, and a lot of self-disclosure, really, because you're going there for a reason," said Catherine St. Denis, acting executive director at the Mood Disorders Association. "We have people who say that the support groups saved their lives. It's anecdotal evidence that support groups work. How can you hear anything better than, 'The support group saved my life?' Often, our support groups are the only place that people can speak openly."

The first group meeting begins at 2:30 p.m. Thursday, June 30 at the Campbell River Community Centre, Room #2.

Sewell hopes to incorporate guest speaker at the sessions. In time, he also hopes group can form for youth and for families.

"Support groups are about sharing the journey," Sewell said.

The association is looking for a volunteer co-facilitator to help start a support group in Courtenay.

For more information, contact Sewell at 778 418-2012, 250-204-7077 or nimooddisorders@gmail.com

Visit [www.nimooddisorders.com](http://www.nimooddisorders.com) or mdabc.net

In Courtenay, Island Health offers a public education service Tuesdays from 1:30-3 p.m. at 941C England Ave. These sessions could, for instance, focus on stress reduction, mindfulness or early symptoms of depression.

Murphy also encourages the public to use the Vancouver Island Crisis Line at 1-888-494 3888.

"It's a very, very safe way to start the conversation," she said.

## Special hour to celebrate diversity set for Friday evening

There are no words adequate enough for the mass murder carried out against the LGBTQ2 community on Sunday, June 12 at the Pulse nightclub in Orlando.

Many across the USA were celebrating Pride that weekend – something that is both a celebration and a victory for this community of people and this act has left a huge agony for the victims, the survivors, their families, and their communities, as well as the pain experienced by the first responders.

But the LGBTQ2 community is resilient and strong and will not allow itself to be cowed by hatred.

All of society shares responsibility for allowing a climate of hate and fear that perpetuates discrimination of any individual or group. We similarly share a responsibility to stop it!

On Friday, June 24 at 7 p.m., the Comox Valley community is invited to gather for an hour at Comox United Church. This hour is dedicated to the memory of all people who have been persecuted for simply being who they are – whether because of gender orientation or identification, ethnicity, socioeconomic circumstances, abilities, health status religious belief, etc.

## Are you not hearing clearly when a group of people are talking?

Many people find that they are no longer able to understand everything being said, particularly when in the company of others. Engineered in Switzerland, the Audéo V hearing aid has been designed specifically to understand speech in group situations.

The majority of those surveyed stated that when exposed to considerable background noise they are able to hear that something is being spoken, but can no longer discern precisely what is being said. The words seem blurred and indistinct. But why is that? The effect tends to manifest itself in group



The Audéo V hearing aids provide considerable reduction in noise allowing you to focus on speech.

Developed by Swiss audiologists the Audéo V hearing aid is designed to improve speech comprehension in noise, particularly with hearing loss in

while ambient noise is reduced. Thanks to several synchronous microphones, the hearing aid can detect sound in all directions and select the direction

**Connect Hearing**  
YOUR HEARING PROFESSIONALS

**Hearing sensation!**

Swiss researchers:  
Audéo V is superior for conversation.

**Trial now for FREE**

**ACT NOW!**  
Call today to book

**Blinds**  
BUBBLES BOUTIQUE  
SALES, REPAIRS & CLEANING

221C Church St, Comox  
**250-941-7824**  
blindsandbubbles.com

situations, especially in restaurants. It is the high-pitched tones perceived at the entrance to the cochlea that determine when you hear things accurately. In the majority of cases these parts of the inner ear are the first to be affected by noise or aging. As the high-pitched tones are no longer perceived well, the auditory centre of the brain begins to struggle to decode language. It's a bit like an image that doesn't have enough pixels.

the high-frequency range. People can trial the new Audéo V system by Phonak simply by calling now to do so. During your FREE hearing test, our Hearing Care Professionals will determine how speech comprehension can be improved in various situations and what role the technology called "Autosense OS" plays. This technology can recognize where the person being spoken to is located and can amplify only his or her voice,

that speech is coming from within milliseconds, seamlessly adjusting to the listening situation.

According to Swiss researchers, this can significantly improve speech comprehension, especially in conversation for the right candidates. Interested people can register for a free hearing test and trial of the Audéo V by calling **1.888.408.7377**



your **FREE** hearing test.\*

**1.888.408.7377**  
connecthearing.ca/fine



\*Complimentary hearing tests only applicable for clients over 50 years of age and no fees or purchase are necessary (CAA Rebate for Private clients only and cannot be combined with any other offer, rebate or previous purchase and is non-redeemable for cash. Linc, BAHN and Econo aids excluded. Certain conditions apply to the Price Match Guarantee. See clinic for details. \*CAA, CAA logo and CAA Rewards trademarks owned by, and use is authorized by, the Canadian Automobile Association. Registered under the College of Speech and Hearing Health Professionals of BC. VAC, WCB accepted.