

# Peer Supported Groups



Spring Semester 2023 April 3rd - June 30th

## GOAL SETTING & WORKING GROUPS

Join us on Monday &/or Friday mornings to set and accomplish goals. You can use this time to set goals with the support of a peer facilitator, or as a supportive working environment to complete your tasks.

## BOARD GAME CAFE

Meet us at the Interactivity Board Game Café (723 Yates Street) for a fun day of board games, social connection and conversation.

## BOOK CLUB

Book club is a safe & non-judgmental space to practice sharing & interacting with others on topics that relate to the book. Peers must have the ability to read approx. 60-75 pages per week. The practice of connecting in a group can build confidence & trust in ourselves & others, as well as broaden our own interests & appreciation for different points of view.

## OPEN ART

Any skill level is welcome to attend this open art group. It is supported by trained artists and peer facilitators with lived experience. All art supplies are provided. This group provides a safe & supportive space for those who identify as having lived experience with mental illness to come together & create! Group can be instructional, or create at your own leisure.

For more information contact [peersupport@icmha.ca](mailto:peersupport@icmha.ca) or call Tel: 250-389-1211 ext. 241