

Peer Supported Groups



Spring Semester 2023 April 3rd - June 30th

COOKING CLUB

Spend some quality social time in the kitchen while cooking & enjoying a delicious, nutritious meal, then pack one up to take home! No cooking experience required, just a love of food.

TALK & STEP

This group is a hybrid Peer Support/Grow group. Join us for a leisurely walk and talk around the Vic West Area, with a stop at a local café. This group will aim to provide exercise and social connection. The level of activity will be light.

ADULT UPGRADING

Camosun instructors teach math & english upgrading with an understanding of diverse learning needs and are committed to student success. The class sizes are small and the learning environment is friendly. To get started the instructor carries out a brief assessment to determine the client skill level and the client applies for a grant to cover tuition and books (eligibility is based on annual income).

For more information contact peersupport@icmha.ca or call Tel: 250-389-1211 ext. 241