

# PEER SUPPORT CALENDAR FALL 2024

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Men's Group**  
1-2.30pm  
Start Sept 23rd

**Craft Group**  
1 - 3.00pm

**Cooking Club**  
11:00am - 1:00pm

**Drop-In Art**  
12:30pm - 3:30pm

**Cooking Club**  
11:00am - 1:00pm

**Drop in Art**  
12:30pm - 3:30pm

**Talk and Step**  
2.00pm - 3:00pm

**Goal Setting**  
9:00am - 10:00am

**Cooking Club**  
11:00am - 1:00pm

**Drop In Art**  
12:30pm - 3:30pm



# PEER SUPPORT PROGRAMS

**Designed by and facilitated by our team of Peer Support Workers, the Program offers a wide variety of opportunities to connect with others while learning new skills or enhancing ones we already have. All groups are free of charge and are for participants 19+ For more information visit [www.icmha.ca](http://www.icmha.ca) or call 250-389-1211**

**Virtual Goal Setting Group - Encourages goal setting, and the active, intentional work towards them, through positive and supportive engagement. Hosted by Amy**

**Cooking Club - Invites you to experience the flavours of the world. Learn new recipes and cooking methods, while using budget basics to create delicious, nutritious restaurant quality meals. Follow the recipe from start to finish, enjoy a lovely lunch together then take a portion home to enjoy later. Hosted by Lorraine, Aerin and Amy**

**Drop In Art - Provides an inclusive and creative environment where like minded people can create art and socialize in a safe space. Supplies are on hand in a variety of mediums as well as craft supplies and colouring books. Hosted by Robbie, Aerin and Amy**