



# The Men's Centre Update

SUMMER 2017

**The Men's Centre's staff and volunteers have been consistently busy since our last update.**

[We are accepting Nominations for Excellence in Fathering Awards...](#) recognition for doing a great job is appreciated, so we invite you to submit a nomination!



Our popular **Boots to Suits** program has seen continual steady growth and demand. Over 750 people use this community resource a year. The staff, sponsors and volunteers deserve a big thank you for the work they do to support this program. Since January to the end of April 2017 there has been a Boots to Suits program user every 6 and a half minutes during the program operating times. It has become one of our most popular programs.



Aside from providing clothing it also offers first stage counselling to the men and women who use the program. A huge **thank you** to **First West Foundation** for recognising the value of the work done by the men and women of The Men's Centre and awarding us with a \$6,000 grant to support the Boots to Suits program. We still need more donations for steel toe work boots to help get people immediate employment.

We'd also like to extend our **thank you** to **Mark's Work Wearhouse, Value Village, Loaves and Fishes, Blankets for Canada, Telus Community Ambassadors, and Moores** for their donations that are an essential part of the success of this program.



## Programs at The Men's Centre

**The Dragon** course is having regular steady numbers and is being led by four of our counsellors on a rotating basis. There is a fee for this communication training that can also be based on a sliding scale. If you know of men who could benefit from developing better communication skills, have them contact The Men's Centre. The next offering is June 24 and 25, 2017.

# THE MEN'S CENTRE

## Resources for Men and their Families

**Counseling** is always by donation or free and we see a steady stream of people using this service to help guide their journey through life. Currently we have four counselors each with their own style and experience. If you need someone to talk to, we see clients in person and also by phone or Skype. You can arrange a session by phoning 250-716-1551 or visit our website to book your time there.

Look for our **Dads Group** starting again in the fall. This program is heavily dependent of funding and being successful with the grants that we've applied for and are currently pending. If you want to be a sponsor of this valuable fathering program, please contact us at 250-716-1551 or visit [www.themenscentre.ca](http://www.themenscentre.ca) .

### **Fishing for Fun & Other Activities**

The Men's Centre's **Fishing For Fun** program is nearing completion and the grand finale is the fishing derby at Nanaimo Lakes on June 17th. There will be a shuttle van taking people from The Centre to Nanaimo Lakes - call or email Glen for more info or to reserve a seat, [glen@themenscentre.ca](mailto:glen@themenscentre.ca) We expect the fly tying program to continue sporadically over the summer and to resume regular schedule in September, for info on that or to reserve a space email [glen@themenscentre.ca](mailto:glen@themenscentre.ca) or [Mike@fishingforfun.ca](mailto:Mike@fishingforfun.ca)

There is a **Trout Release** Sunday June 18, 2017 from 10:00 - 2:00, yes that is Fathers Day! Please come to Colliery Dam, bring your children for the trout release and a hotdog. If you have a fishing rod, bring it, if not there will be some fishing rods available to use for you to fish for fun.

The Men's Centre is looking for volunteers. If you have something special you would like to contribute to the men in our community, please contact us. You can also visit our website for current volunteer openings <http://themenscentre.ca/volunteers/>.

Thank You to our volunteers: Russ, John, Matt, Wayne, Lori, Gordon, Kelly, Darren, CLARO! They all work really hard to make The Men's Centre a better place for men and their families.

Matt is helping out with the backlog of data entry of our user evaluation sheets which is shaping up to be close to 2000 individual users for the year - not bad for three days a week.

Wishing all our supporters a very happy, healthy and fun summer. Please stop in at 418D Fitzwilliam Street and say hello, we are still open Tuesday, Wednesday, Thursday 10:00 AM to 3:00 PM closing for lunch between 12:00 to 1:00.

**Are you a Men's Centre Member Yet?**    Individual \$10/year    Corporate \$100/year

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