

## With a little help from my friends

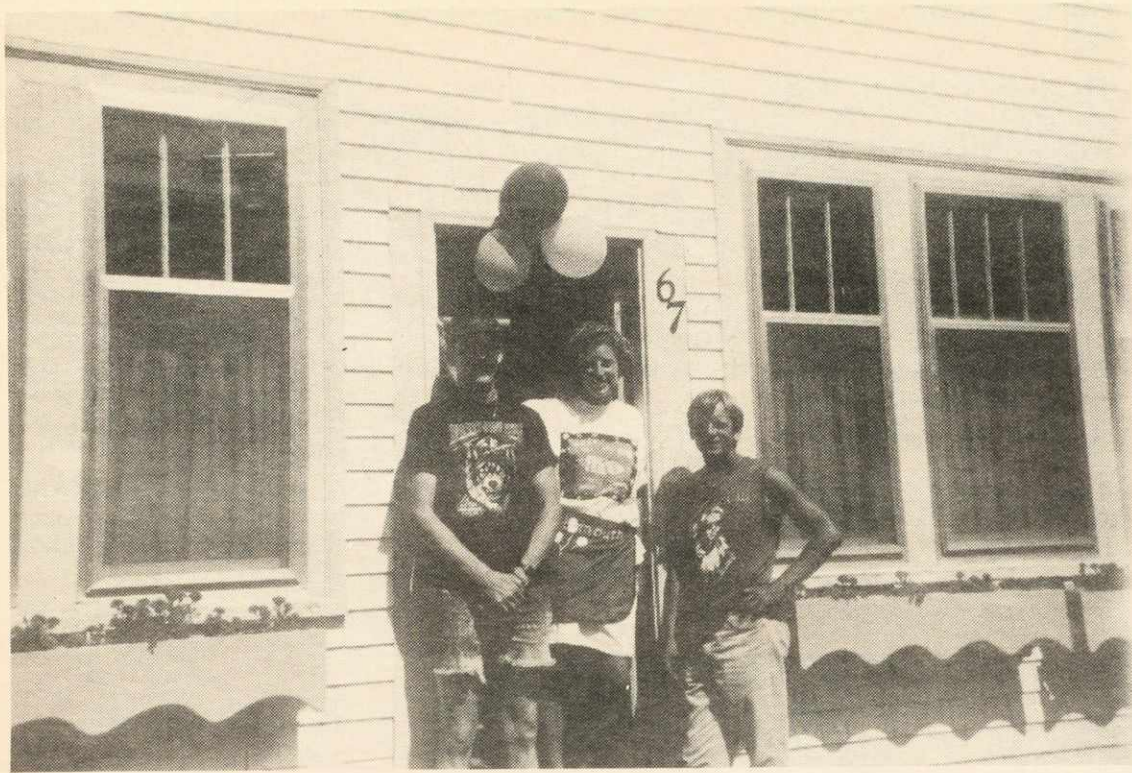


Photo: Karen Wells

by Karen Wells

Picture it! A nifty social club, comprised of various people, all of whom have different interests, talents and abilities. The walls are covered with creative designs, drawings and paintings--what some would call, artistic works. No it's not an art museum, or a gallery, it's the "Among Friends Social Club", a place which functions as a home-away-from-home for adult mental health consumers.

The club was developed and is run by the Canadian Mental Health Association, Dartmouth Branch, a non-profit voluntary organization funded primarily by the United Way. The club serves approximately 250 mental health consumers. Many of the club members have an overwhelming desire to learn new things, explore new places and have fun. The club surroundings are laid back, sometimes relaxed and sometimes buzzing wit activity.

Volunteers are needed for everything, including baking, singing, painting, cultural nights, singsongs, french lessons and camping trips. We need you to lead us in some of our activities. Of course, it is understood that time constraints are always a problem, with the many demands put on university students. Studies, social engagements, friends, sports, put them in what ever order you choose; time is at a premium. Time spent at the social club could also be at a premium. The decision is ultimately yours.

You decide how much time you can spare for volunteering. The social club is open Monday to Thursday afternoons from 1:00-4:00 pm and evenings from 7:00-9:00 pm. Whether you can afford one evening a week or one evening a month, anything would be wonderful.

Give it some thought and call Michelle or Karen at 463-2187 or drop by and see us during Downtown Dalhousie on September 8th in the McInnis Room. Why not do your good deed for the day? Call us! We would love to hear from you!

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