

THE DUDES ARE ALSO NOW HYBRID!

**WE ARE RUNNING
WEEKLY MEETINGS
AND YOU CAN ATTEND -
IN PERSON OR REMOTELY**



**2
MEETINGS
A WEEK**

TUESDAY EVENING MEETING 6:30 pm

REMOTE Join online with Google Meet:

meet.google.com/sho-wsqw-wwb



or Join by phone (CA): **1-647-735-0118** PIN: **489527234**

THURSDAY DAYTIME MEETING[†] 1:00 pm (Hybrid) IN PERSON* at Cedars Independent Living 3710 Cedar Hill Rd.**

*All in person participants must pass covid screening at the door & sign in with staff. **Parking at Cedars and/or across the street at St. Lukes. †This is a facilitated support meeting for more information contact 250-880-9484 (Cliff) or 250-360-6412 (Ken)

REMOTE Join online with Zoom:

us06web.zoom.us/j/83209191785



or Join by phone (CA): **1-778-907-2071** Meeting ID: **832 0919 1785**

The **Mens Heart Support Association (MHSA)** started in June of 2019 and have stayed true to our mission of providing safe and inviting venues for male survivors of cardiac issues to come together, tell their story and build resilience while building community.

The purpose of the Men's Heart Support Group is to create safe and inviting setting for men with cardiac issues to;

- Come together with others that have shared experiences
- Tell their stories and be listened to
- Build personal resilience
- Provide mutual encouragement
- Develop supportive friendships and community
- Help each other cope with their particular challenges
- To build resilience through building community

This group is operated by the **Men's Heart Support Association** (registered B.C. non profit society). Each support meeting is facilitated by a volunteer leader and co-leader. The goal of the organization is to be self supporting. *Please feel free to send this out to anyone you think may be interested.*



The **MHSA** is a CRA certified non-profit organization, go to CanadaHelps.org & search for us with the business number **787342872RR0001** or the name **Men's Heart Support Association** & make a donation today



*Did You
Know?*

The **MHSA** also co-founded a Women's Heart Support Group with regular meetings - contact Tracy@heartlife.ca to find out more!

Contact us email cardiacdudes@gmail.com facebook Search for **MHSAVictoria**
We accept referrals by email and will send out a welcome package with links and instructions.