

Upstairs Kitchen Club

The Upstairs Kitchen Club is a Depression Self-Help Group which meets every Tuesday night from 7-9pm. Many people ask us about our name. When the group was first forming five years ago, we met in a building in Dartmouth housing a branch of CMHA. Because the group was small, we used the kitchen which was located upstairs. Our next move was to a community centre in Dartmouth where once again we met upstairs in the kitchen. Since then we have used many different places but the name has remained with us. We currently meet in Room 165 at the Bayers Road Community Mental Health Clinic where we have been made to feel very welcome.

We offer a safe and comfortable place where people living with depression and/or anxiety are free to share their feelings, frustrations and fears which so often accompany these illnesses. From our lived experience, we also share the tools and techniques which have worked for us as we move forward on our recovery journey. Most important is the emotional support we offer each other every week. Members have often remarked on how they look forward to Tuesday nights and how much better they feel Wednesday morning. One member summed it up perfectly when he said "For two hours every week, I can be myself".

While most members self-refer, we also receive referrals from clinicians. For more information please call the Self-Help Connection (466-2011) and any of the helpful staff will be pleased to assist you.

We hope that you will consider our group. You will find that the welcome is warm and sincere. I look forward to seeing you on Tuesday nights.

Roy Muise

Co-facilitator