

# (RED LAKE) District Peer Support Drop-in Centre

## Membership Meeting minutes from (December)

**Our Vision** - Mental health and wellness in all communities

**Our Mission** - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

**Our Values** - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation

### WHATS NEW

- Membership has stayed steady for a while, It would be great goal for the winter to make it even better.
- The hours of the Drop In have changed and members are reminded to keep that in mind and to let others know.
- The drop in now provides outreach and people are encouraged to take advantage of it. ^\_^
- Kameron is the new Peer Support worker and Shari is now working at the Homeless shelter.



### IMPORTANT

- Christmas at the Drop In was a huge success and there was food available most of December. Dec 4th was Baking, Dec 12th was the Big Christmas lunch and Dec 18th was a big snack. Make sure to get your share of what's going on at the Drop In.
- Kameron is also on the safe food handling committee, so he will be trying his best to make sure that the Kitchen and all food is handled properly for the benefit of everyone.
- The Drop in is a safe place for everyone and members are reminded to follow the rules and to always treat others properly. It would be great if everyone always was able to enjoy themselves whenever they are there.



-Everyone is reminded to ask Kameron when in doubt, it is possible that if you need help with something that he could be able to assist you, if not during Drop in then maybe on Tuesday or Friday when he is doing outreach



Winter is now in full force and everyone is reminded to dress properly. The old saying goes to dress in layers!

The Drop In is now **Completely Smoke free** so there is no Smoking allowed on the property.



**NO SMOKING HERE**

Some ideas for activities that were talked about at the meeting were as follows:

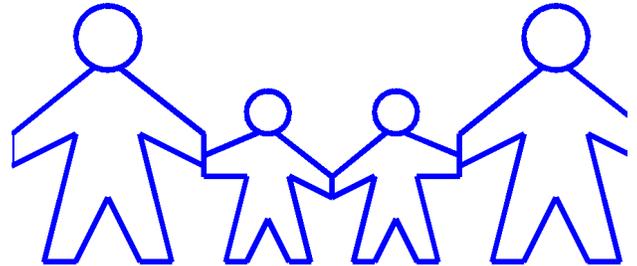
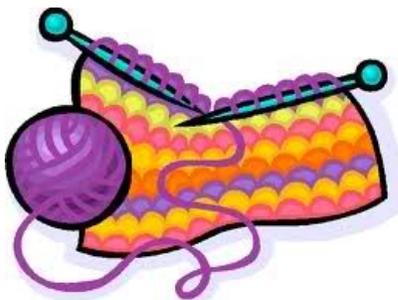
A few members would like to see Bingo done at the drop in, prizes would be available to make the experience as best a possible.

There are some resources available outside the drop in (outreach) such as the food bank or any kind of appointment. Members are reminded that as part of outreach they can be assisted by the Peer Support Worker.

Craft Ideas included:

Members would like to see tie-dye and planting.

Stitching has also been requested by the members this will be made available.



The Red Lake Drop In would like to Wish everyone a Happy New Year and would like to wish everyone the best for 2019.