

A Support Network for the GWMC

If you are experiencing a “trying” time and would like to contact someone **in confidence** who has gone through the same experience you may phone/contact that person directly, see list below.

If you are not able to contact that support person you can phone Jim Hunt, 519-821-1577, George Hughes 519-780-0735, Jim Clarke 519-821-7196 or Jim Sanders 519-780-5240.

The following issues and support people who have volunteered to share experiences are listed below.

Alcohol Addiction – Ray Middleton, 519-836-1066

Alzheimer's, Dementia, Senility – Jim Mottin, 519-822-5278

Anxiety – John Core, 519-836-6250

Bipolarism – Ray Middleton, 519-836-1066

Cardiac Arrest – Keith Devolin, 519-836-7675

Child Abuse – Ken Hills, 519-836-8414

Death of a Wife – George Hughes, 519-780-0735

Depression- Jim Mottin, 519-822-5278

Loss of a Loved One - Ivor Wright, 519-836-7335;

Family Problems – Vince Wall, 519-836-0622

Heart Attack – Bob Renton, 519-822-4008

Inability to Cough Effectively – Danny Butler, 519-763-8409

Loss of a Child – Dick Haas, 519-843-3113

Mental Health – Ross Knechtel, 226-706-4058

Prostate Cancer – Lawrie Jackson – 519-763-1595 or 519-763-0035; Ted Pritchard – 519-826-6121

Suicide In Family – Jim Clarke, 519-821-7196

Vision Problems/Blindness – Jim Sanders, 519-780-5240

Other topics could include

* Aging and general health problems

* Heart Problems

* Change of Independence

* Change of Residence

* Giving Up Driver's Licence

*Hearing Problems

* Terminal illness of a spouse or self

* Parkinsons

If you are willing to be a support person or an additional support person for one of the above topics or to add to this list and/or share your “trying times” this way, please give your name, telephone number and topic to Jim Hunt, 519-821-1577, George Hughes 519-780-0735, Jim Clarke 519-821-7196 or Jim Sanders 519-780-5240.

April 19, 2018