

## The GWMC Support Network

Are you experiencing a 'trying' time in your life and would like contact with someone in the Club who has gone through the same experience? The following is a list of Club Members that have volunteered and that you may contact directly by phone. If you are not able to connect with that support person, you can call Jim Hunt, 519-821-1577, George Hughes 519-780-0735, Jim Clarke 519-821-7196 or Jim Sanders 519-780-5240 for assistance.

The following issues and support people are ready to help.

- Alcohol Addiction – Ray Middleton, 519-836-1066
- 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- 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
- Suicide In Family – Jim Clarke, 519-821-7196
- Vision Problems/Blindness – Jim Sanders, 519-780-5240

If you would like to be an additional support person for one of the above listed topics or for a new topic such as listed below, 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.

Other topics could include

- Aging and general health problems
- Alzheimers / Dementia of Spouse
- Change of Independence
- Change of Residence
- Giving Up Driver's Licence
- Hearing Problems
- Heart Problems
- Parkinsons
- Terminal illness of a spouse or self