

Healthy Men



Our mandate is to invite men to take responsibility for their well being. It is our hope that through a combination of educational materials, resources, programs, therapeutic interventions, workshops and conferences men will be able to take the necessary steps to take better care of themselves; and therefore be more positive members of their families and communities.

Introduction: It is our believe that the majority of men follow the “tough it out” philosophy of health – which means that instead of being proactive with their well being, they prefer to plough forward until they reach the point of no return when a Doctor gives them the bad news or they suffer a massive coronary.

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Cowichan Communities Health Network : West Coast Men sits on the regional health community to support the promotion of proactive self care for men. Stay tuned for a website link.

We plan to align with other region's health networks across the province.

VIHA: We have also been involved with VIHA's revitalization task force. We look forward to continuing to support Vancouver Island's wellness strategy.

Men's Health Month: We promote the month of June as Men's Health Month leading up to Father's Day.

Movember: We support organizations like Movember in all they do to promote men's health awareness. International Men's Day is in November too! Stay tuned for more details.

Leap2Life!: An organization that promotes wellness and self care for all - please stay tuned for a website link and more details.