



Thursday, Mar 19, 2026

3 to 4:30pm

Contact peerworknetwork@vch.ca for zoom link

Singing is one of the most accessible forms of stress relief we have. It slows the breath, steadies the nervous system, and strengthens both body and brain.

Join us for a discussion on how important music and particularly singing is to our mental health. Learn from Oliver O'Dea how singing and music literally saved his life. Hear some of Oliver's music.

Please come and share your singing experiences!

A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads.



**Vancouver
CoastalHealth**