

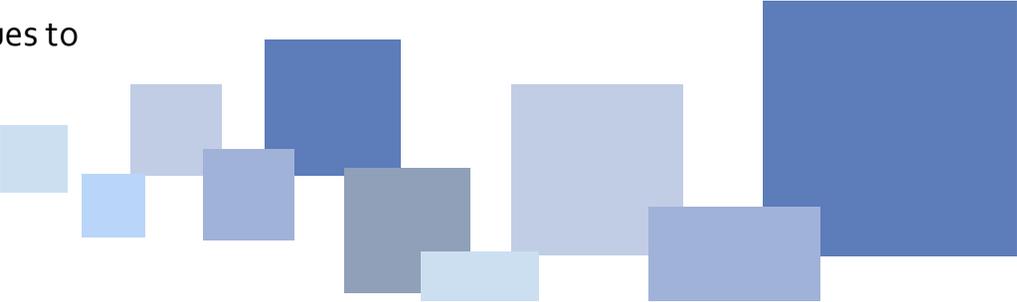


Men's Sheds started in Australia where there are over a thousand Sheds. There are over two thousand Men's Sheds Worldwide.

Coquitlam Men's Shed Society is dedicated to bringing a Men's Shed to Coquitlam. Would you like to help?

Some of the Coquitlam Men's Shed member's projects include:
Bird houses, Kid's log sets,
Chess sets, Plant stands,
House number holders,
Boat and canoe building,
Vegetable Garden

And the list continues to grow...



Men's Sheds are what we make them.

NOTES AND CONTACTS

Who did you talk to today?

www.coquitlammensshed.ca

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Coquitlam Men's Shed

Men's Sheds are modern, shared versions of the home workshops that many of us either had or wished we had!

Men's Sheds are welcoming, supportive places for friendship and fun. They provide opportunities for members to socialize, take part in activities, and learn something new.



The Men's Shed 3.0

Men's Sheds also collaborate with others. In some cases, to provide a product or service to the community. In other cases, to share the Men's Shed experience with men who may need to work one on one, closely supervised. Examples are men with poor sight, dementia sufferers or other challenges. Being creative has a way of reducing aggression.

Our goal at Coquitlam Men's Shed is to become the first, fully functioning, state of the art, best practice, demonstration site for Men's Sheds in Canada.

The Men's Shed 1.0

At the first level a Men's Shed is a community workshop. The type of workshop is dependent upon the suitability of the space and the desires of the members. Most men's Sheds support wood working. In this space members are encouraged to work on their own or shared projects in a friendly, no pressure, respectful and welcoming atmosphere. No skill is needed but you may learn some skills. Whatever your skill, you may have an opportunity to share it with others, young and old.

The Men's Shed 2.0

The friendship, teamwork and comradery that comes from working shoulder to shoulder is beneficial beyond the satisfaction of being creative. Being productive in our own way and among friends, has a wonderful way of distracting us from our pains (physical or mental).

It is often mothers, wives and daughters that encourage their loved one to get involved in the Shed.