

Dragon Boat Video Transcript

(upbeat music)

Rhonda - It's awesome as a coach when you see people coming out for the first time, their first day, and you're not sure what's going on in their lives outside of Dragon Boat. And then they join the team and you see them start to open up, start to get to know you better.

Tory: - I'm very proud of it. This is the best volunteer job I've ever had. It's just so rewarding. And even in the Dragon Boat community, you say, "I'm working with Conquering Waves, the mental health team." (They're like) "Oh wow, that's the team that Patrick started."

Patrick - This is a very unique team. We as coaches want to contribute, and this is a group of people that need us, but you know, we've also discussed the fact that we need them. We've learned so much from this group of people.

Barry - I love this community. It's just seeing how much these people care about each other and I'm drawn to that.

Huamei - Dragon Boat is, we can come as we are. You can be social, you can be quiet, you can be anything.

Michelle - Being part of the team gives me a boost of confidence and also just a sense of belonging, that I... mattered.

Barry - It makes me feel included. It makes me feel connected with others. Just showing up, sometimes talking, sometimes just being present for some of them when I'm not doing as well. Just to have people around me and know that they're like-minded, very supportive.

Gwen - It really forces you to be social and yet have a great time while you're doing it and be active at the same time.

Jodi - Just having a sense of purpose for the Saturdays is really big. I've got a lot of anxiety around trying new things. This is my favorite activity that I've done with Thrive.

Barry - I know for these people it's life-changing and to be part of that, it's a beautiful thing.

Curtis - It gave me a drive, it gave me purpose. Started working out, started dieting, doing everything to fit Dragon Boat into my life.

Rhonda - Some people decided that they wanna join more competitive teams, which is really cool because when people first come, they seem really afraid and for them to open up and wanna socialize more is a good thing because that's what the team is here for, right?

Gwen - I'm fine with being dead last (Laughter)

Coach - Let's go

Rhonda - The person that said that they were afraid of the water isn't afraid of the water anymore. They come to Dragon Boat and they really love it now. That's awesome.

Patrick - It was an absolutely wonderful moment when the Open Door Group agreed to manage the team because we as coaches can't do that and it's just wonderful to work with them and deliver this program.

Tory - We have some mental health issues in our family and I myself suffer from anxiety and I thought, "Okay, this is what I'm gonna contribute to", so off I came.

Barry - There are some people who have the ability to do things and help people, and that's what we should be doing. Nobody makes it to this world alone and we should all help each other.

Group - Conquering Waves! (cheering)