



MONDAYS

HATHA YOGA - with Celina

10:30 am - 11:30 am

Please email celinamarieyoga@gmail.com to register and receive the Zoom link

KITCHEN MUSIC PARTY

4:15pm - 6:00 pm

Please email brich1@telus.net to register and receive the Zoom link

CIRCLE OF HOPE - Farsi Speaking Women's Group گروه زنان فارسی زبان

6:30 pm - 8:00 pm

Join us on Zoom: <https://zoom.us/j/93427307265>

TUESDAYS

CHRONIC PAIN SUPPORT GROUP

1:30 pm - 2:45 pm ***March 2, 16, 30

Please email elaina.moss@cmha.bc.ca to register and receive the Zoom link

MINDFULNESS MEDITATION with Renee

2:00 pm - 3:00 pm

Join us on Zoom: <https://zoom.us/j/96587041727>

SMART RECOVERY

5:00 pm - 6:00 pm

Please email laurel.phillips@cmha.bc.ca to register and receive the Zoom link

WEDNESDAYS

ART THERAPY

11:45 am - 1:45 pm

Please email artwithdomenica@gmail.com to register and receive the Zoom link

WATERCOLOUR PAINTING

2:00 pm - 4:00 pm

Please email brich1@telus.net to register and receive the Zoom link.

VIRTUAL PET THERAPY

5:00 pm - 6:00 pm

Join us on Zoom: Join <https://zoom.us/j/95805822673>

NEW!

THURSDAYS

GUIDED MEDITATION with Erin

2:00 pm - 3:00 pm

Join us on Zoom: <https://zoom.us/j/98638405113>

BIPOLAR COMMUNITY SUPPORT GROUP

4:00 pm - 6:00 pm

Please email celina.ambrosio@gmail.com to register and receive the Zoom link

MEN LET'S TALK

6:00 pm - 7:00 pm

Please email ty.javos@cmha.bc.ca to register and receive the Zoom link