

ONLINE GROUPS

MAY 2021



Canadian Mental
Health Association
Mental health for all

MONDAYS

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 *May 11th

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

MINDFULNESS MEDITATION with Renee

2:00 pm - 3:00 pm *no class on May 25

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

SMART RECOVERY - Self Management for Addiction Recovery Drop-in Group

5:00 pm - 6:00 pm

Please email sunshine.coast@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 *biweekly on May 12th & 26th

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

THURSDAYS

GUIDED MEDITATION with Erin

2:00 pm - 3:00 pm

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

MEN LET'S TALK

6:00 pm - 7:30 pm

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

CMHA Mental Health Week

May 3–9, 2021

Check out our [virtual events](#) all week long!



FIND ALL THE DETAILS AT

[https://northwestvancouver.
cmha.bc.ca/news/mhw2021/](https://northwestvancouver.cmha.bc.ca/news/mhw2021/)