

ONLINE GROUPS

August 2021



Canadian Mental
Health Association
Mental health for all

MONDAYS

WRAP - Wellness Recovery Action Planning

The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

1:00 pm - 3:30 pm

August 9 - September 27

Please email Amanda.Schell@vch.ca to register & receive the Zoom link

CIRCLE OF HOPE - Farsi Speaking Women's Group

8:30 pm - 9:30 pm

گروه زنان فارسی زبان

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

TUESDAYS

CHRONIC PAIN SUPPORT GROUP

1:30 pm - 2:45 pm *August 10 & 24

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

MINDFULNESS MEDITATION **on hold until September*

ART THERAPY **on hold until September*

WATERCOLOUR PAINTING

2:00 pm - 4:00 pm

Please email kelythope@cmha.bc.ca to register & receive the Zoom link.

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

5:00 pm - 6:00 pm

Please email karen.hoshino@cmha.bc.ca to receive the Zoom link.

GUIDED MEDITATION with Erin

2:00 pm - 3:00 pm **no session Aug 19 & 26*

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

THURSDAYS

MEN LET'S TALK

6:00 pm - 7:30 pm

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