

ONLINE GROUPS

October 2021



Canadian Mental
Health Association
Mental health for all

MONDAYS

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 *October 5 & 19

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

MINDFULNESS MEDITATION with Renee

2:00 pm - 3:00 pm

*October 19th only!

In-person at the HOpe Centre Sacred Space

Please email kelyhope@cmha.bc.ca to reserve a spot. 8 spots avail.

ART THERAPY

11:00 am - 1:00 pm

Please email nmudrystudentarttherapy@protonmail.com to register & receive the Zoom link.

WEDNESDAYS

WATERCOLOUR PAINTING

2:00 pm - 4:00 pm

Please email brich1@telus.net 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.

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 & receive the Zoom link