

GROUPS DECEMBER 2021



Canadian Mental
Health Association
Mental health for all

MONDAYS

COWBOY LOUNGE - Open Mic (formally known as the Kitchen Music Party)

6:30 pm - 7:45 pm

Join us on Zoom: <https://us06web.zoom.us/j/86024132394>

CIRCLE OF HOPE - Farsi Speaking Women's Group

8:00 pm - 9:15 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 *December 14 only

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

MINDFULNESS MEDITATION with Renee

2:00 pm - 3:00 pm

December 7

MINDFULNESS MEDITATION & MOVEMENT with Catrina

2:00 pm - 3:00 pm

December 14

In-person at the HOpe Centre Sacred Space

Please email keltyhope@cmha.bc.ca to reserve a spot * capacity is limited

ART THERAPY

11:00 am - 1:00 pm

Please email nmudrystudentarttherapy@protonmail.com to register

WATERCOLOUR PAINTING

2:00 pm - 4:00 pm

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

WEDNESDAYS

PET THERAPY with Barley

3:00 - 4:00 pm



In person at the Kelty Centre. Say hello, give some pets, take a short walk.

Email us at keltyhope@cmha.bc.ca to visit Barley by appointment.

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