

# SOCIAL SUPPORT GROUPS

JANUARY 2022



Canadian Mental  
Health Association  
North and West Vancouver  
*Mental health for all*

## Cowboy Lounge Open Mic | Mondays 6:30 - 7:45 PM

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

## Circle of Hope - Farsi Speaking Womens Group گروه زنان فارسی | Mondays 8 - 9:15 PM

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

## Chronic Pain Support Group | Tuesdays (biweekly) 1:30 - 2:45 PM

Email [elaina.moss@cmha.bc.ca](mailto:elaina.moss@cmha.bc.ca) to register and receive the Zoom link

## Mindfulness Meditation & Movement | Tuesdays 2:00 - 3:00 PM



In-person at the HOpe Centre Sacred Space

January 11 - March 15, 2022

Please email [kelythope@cmha.bc.ca](mailto:kelythope@cmha.bc.ca) to reserve a spot \* capacity is limited

## Art Therapy | Wednesdays 11:00 AM - 1:00 PM

Email [nmudrystudentarttherapy@protonmail.com](mailto:nmudrystudentarttherapy@protonmail.com) to register

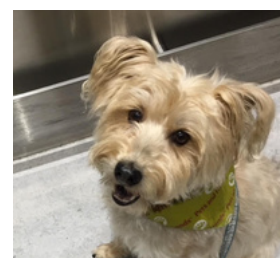
## Watercolour Painting | Wednesdays 2:00 - 4:00 PM

Email [brich1@telus.net](mailto:brich1@telus.net) to register and receive the Zoom link

## Pet Therapy | Wednesdays 3:00 - 4:00 PM



In person at the Kelty Centre



Email [mj.moore@cmha.bc.ca](mailto:mj.moore@cmha.bc.ca) to visit Barley by appointment

## SMART Recovery | Wednesdays 5:00 - 6:00 PM

Email [karen.hoshino@cmha.bc.ca](mailto:karen.hoshino@cmha.bc.ca) to receive the Zoom link

## Guided Meditation | Thursdays 2:00 - 3:00 PM

Join us on Zoom: <https://us06web.zoom.us/j/98638405113>

## Men Let's Talk | Thursdays 5:00 - 6:00 PM

Email [ty.javos@cmha.bc.ca](mailto:ty.javos@cmha.bc.ca) to receive the Zoom link



## Mindful Self Compassion | Thursdays 5 - 7:30 PM (Jan 20 – March 17, 2022)

Email Karen to register for the program: [anzai.msc@gmail.com](mailto:anzai.msc@gmail.com)

## Volunteer Appreciation & Orientation | January 25 4 - 5:30 PM

Join us as we connect and celebrate our amazing volunteers!

Zoom link to join: <https://us06web.zoom.us/j/89663846274>