

SOCIAL SUPPORT GROUPS



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

FEBRUARY 2022

Cowboy Lounge Open Mic | Mondays 6:00 - 7:15 PM

Join us on Zoom:

<https://us06web.zoom.us/j/83526217430pwd=MUXVSGw5Zkthb243eTRPR1czSnhEQT09>

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 to register and receive the Zoom link

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

Join us on Zoom: <https://us06web.zoom.us/j/81599990982>

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

| Fridays 1:00 PM - 3:00 PM

Email nmudrystudentarttherapy@protonmail.com to register



WRAP (Wellness Recovery Action Planning) | Wednesdays 1:00 - 3:30 PM

February 2 - March 23 | Email debbie.sesula@vch.ca to register

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

Email brich1@telus.net to register and receive the Zoom link

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

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

Guided Meditation with Erin | 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

COMING BACK SOON - email kelythope@cmha.bc.ca for updates!