



SOCIAL SUPPORT GROUPS SEPTEMBER 2022





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

Monthly Book Club | Monday September 12th, 2:30 - 3:30 pm

 This month's book: *Paris for one and other stories* by Jo Jo Moyes
 You can attend in-person at the Kelty Centre or participate via email.
To join or get more information email susanbanwell@hotmail.com

Knitting | Mondays 1:30 - 3:00 pm

 In-person at the Kelty Centre
 Drop-in. Masks mandatory.



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

Join Zoom Meeting: <https://us06web.zoom.us/j/88296807327>

Chronic Pain Support Group | Tuesdays 1:30 - 2:45 pm

Email elaina.moss@cmha.bc.ca to register and receive the Zoom link

Mindfulness Meditation & Movement | *PAUSED until October 18th* Tuesdays 2:00 - 3:00 pm

 In-person at the HOpe Centre Sacred Space
 Drop-in to a max of 15 participants. Masks mandatory.

Art Therapy | Wednesdays 11:00 am - 1:00 pm & Fridays 1:00 PM - 3:00 pm

Email miyu.gagnon@gmail.com 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 to visit Avery by appointment

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

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

SMART Recovery - Self Management for Addiction | 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 6:00 - 7:30 pm

A space to gather as men to explore topics related to mental health and wellness and learn from our collective lived experience, knowledge and wisdom.

Email mlt.northshore@cmha.bc.ca to receive the Zoom link.