

SOCIAL SUPPORT GROUPS

January 2023



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



Monthly Book Club | Monday January 9th at 3pm **new time**

This month's book: *The Last Bookshop in London* by Madeline Martin
You can attend in-person at the Kelty Centre or participate via email.
To join or get more information email susanbanwell@hotmail.com



NEW Recovering From Trauma | Mondays 10:30 am - 12:00 pm Jan 16 – March 6

Are you struggling with the impacts of trauma? Join this 8 week expressive arts therapy group and discover evidenced based treatments for PTSD symptoms.
In-person at the HOpe Centre Sacred Space
Register here: thewoods.org/book



Knitting | Mondays 1:30 - 3:00 pm

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



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 | 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



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.



Kelty Dennehy
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HOpe for Mental Health

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