

SOCIAL SUPPORT GROUPS

March 2023



Monthly Book Club | Monday March 6th 3:00 – 4:00 pm

This month's book: *Book Lovers* by Emily Henry

You can attend in-person at the Kelty Centre or participate via email.

Email susanbanwell@hotmail.com to register.



Recovering From Trauma | Mondays 12:30 pm - 2:00 pm March 27 – May 22

Expressive arts therapy group series exploring evidence-based treatments for PTSD symptoms.

In-person at the HOpe Centre, in the **Telfer Burke Room**

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 info@recoverycollegevr.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.

Email karen.hoshino@cmhanorthshore.ca to register.



Watercolour Painting | Wednesdays 10:00am - 12:00pm

In-person at the Kelty Centre *limited space in-person

Email brich1@telus.net to register.



New Qigong with Rachel Rocco | Wednesdays 10:30 - 11:45am Feb 8 – Apr 12

Mind and body energy practices to strengthen your natural resilience, balance your nervous system and transform worry, anxiety and fear into inner strength. All levels and abilities welcome.

In-person at the HOpe Centre Sacred Space

Email r2rachelrocco@gmail.com to register.



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

Email gunreetgill5@gmail.com to register and receive the Zoom link.



Circle of Hope: Farsi Speaking Womens Group | Wednesdays 3:00 - 4:00 pm

In-person at the Kelty Centre

Email mojgan.veisi@cmhanorthshore.ca to register.



Pet Therapy | Wednesdays 3:00 - 4:00 pm

In-person at the Kelty Centre

Email mj.moore@cmhanorthshore.ca to register.



SMART Recovery: Self Management for Addiction | Wednesdays 5:00 - 6:00 pm

Email karen.hoshino@cmhanorthshore.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 register and receive the Zoom link.



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HOpe for Mental Health

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