

**Art Therapy for Wellness | Online**

Wednesdays & Fridays  
11:00 am – 1:00 pm

**Chronic Pain Support Group | Online**

Tuesdays  
1:30 – 2:45 pm

**Circle of Hope:**

**Farsi Speaking Women's Group | In-Person**

Wednesdays  
4:00 – 5:00 pm  
Kelty Dennehy Mental Health Resource Centre

**Coping with Uncertainty | Online**

4 Fridays, May 12 – June 2  
1:00 – 3:00 pm

**Guided Meditation with Erin | Online**

Thursdays  
2:00 – 3:00 pm

**Knitting | In-Person**

Mondays  
1:30 – 3:00 pm  
Kelty Dennehy Mental Health Resource Centre

**Men Let's Talk | Online**

Thursdays  
6:00 – 7:30 pm

**Mindfulness Meditation & Movement | In-Person**

Tuesdays  
2:00 – 3:00 pm  
Sacred Space at the HOpe Centre

**Monthly Book Club | In-Person**

Monday, May 1  
3:00 – 4:00 pm  
Kelty Dennehy Mental Health Resource Centre  
May's book: *A Lethal Lesson* by Iona Wishaw

**Origami | In-Person**

Mondays  
11:00 – 12:00 am  
Kelty Dennehy Mental Health Resource Centre

**Pet Therapy | In-Person**

Wednesdays  
3:00 – 4:00 pm  
Kelty Dennehy Mental Health Resource Centre

**SMART Recovery:**

**Self Management for Addiction Recovery | Online**

Wednesdays  
5:00 – 6:00 pm

**Talking With Your Doctor | In-Person**

Wednesday, May 25  
2:00 – 3:30 pm  
Room A – 520 West 6<sup>th</sup> Ave, Vancouver, BC

**Voices & Visions Support Group | In-Person**

Tuesdays, May 2 and 16  
1:30 – 2:30 pm  
VCH Raven Song Community Health Centre

Monday, May 8

2:00 – 3:00 pm  
VCH South Mental Health and Substance Use Team

Friday, May 19

2:30 – 3:30 pm  
VCH Three Bridges Community Mental Health Centre

**Voices & Visions Support Group | Online**

Thursday, May 4  
6:00 – 7:00 pm

Friday, May 5

2:30 – 3:30 pm

Saturdays, May 13 and 27

2:30 – 3:30 pm

To register:

[www.recoverycollegeyvr.ca/courses](http://www.recoverycollegeyvr.ca/courses)

If you need help to register, please call:

778-836-9243 or email:

[info@recoverycollegeyvr.ca](mailto:info@recoverycollegeyvr.ca)