

ONLINE GROUPS

September 2021



Canadian Mental
Health Association
Mental health for all

MONDAYS

CIRCLE OF HOPE - Farsi Speaking Women's Group

8:30 pm - 9:30 pm

گروه زنان فارسی زبان

Join us on Zoom: <https://zoom.us/j/93427307265>

TUESDAYS

CHRONIC PAIN SUPPORT GROUP

1:30 pm - 2:45 pm *September 7 & 21

Please email elaina.moss@cmha.bc.ca to register & receive the Zoom link

MINDFULNESS MEDITATION

- beginning again in October!

ART THERAPY

- beginning again in October!

WEDNESDAYS

WATERCOLOUR PAINTING

2:00 pm - 4:00 pm

Please email brich1@telus.net to register & receive the Zoom link.

SMART RECOVERY - Self Management for Addiction Recovery Drop-in Group

5:00 pm - 6:00 pm

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

THURSDAYS

GUIDED MEDITATION with Erin

2:00 pm - 3:00 pm

Join us on Zoom: <https://zoom.us/j/98638405113>

MEN LET'S TALK

6:00 pm - 7:30 pm

Please email ty.javos@cmha.bc.ca to register & receive the Zoom link