



Social Support Groups

- Art Therapy for Wellness | Online Weekly art therapy is offered via video conference to support self-care and wellness. After a quick check-in, individuals create art in any medium. The facilitator is available during this time to assist participants in choosing basic supplies from home to use in expressing their inner world. Then, together, you will look at the image to discover any personal meaning or insights.
- Guided Meditation with Erin | Online Guided meditations are offered weekly by videoconference to relax your body and mind and help you to center in your heart. Each gathering includes a guided meditation plus a short video from various mediation teachers on expanding awareness and peace.
- Knitting | In-Person Do you enjoy knitting, or have you always wanted to learn? Regardless of your level of experience, this group is for you. The group meets weekly, in-person.
- Men Let's Talk | Online 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.
- Mindful Art | In-Person Mindful Art is a new group featuring origami and other crafts. It combines mindfulness with artistic creation, allowing individuals to create meaningful artwork while being fully present. The practice has significant positive impacts on mental health, serving as a form of self-expression. It promotes relaxation and reduces stress, engaging in these activities enhances concentration and focus. Overall, Mindful Art is a therapeutic practice that promotes well-being and fosters a sense of calmness. Materials will be provided but feel free to bring your own craft project you've been working on.
- Mindful Journaling | In-Person This group is a space for anyone interested in the art and practice of mindful journaling. Whether you're a seasoned journal keeper or just starting out, here you'll find inspiration, support, and resources to cultivate a more mindful approach to journaling.
- Monthly Book Club | In-Person Once a month, the book club meets in-person to discuss a monthly book, selected by the group. Participants may also participate through the book club email thread. This group is open to everyone.
- Pet Therapy | In- Person Come spend some time with the sweet four-legged friends (dogs), give some pets, or take a short walk if the weather permits.
- Qigong | In-Person Come experience Qigong. This ancient healing mind and body energy practice works to strengthen your natural resilience, balance your nervous system and transform worry, anxiety and fear into inner strength. Classes offer a variety of moving, meditations, sound therapy and self massage techniques designed to nourish and invigorate systems of the body. Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome!
Thursdays for 10 Weeks
11:00AM -12:15PM
Classes run for 75 minutes
September: 12, 19, 26,
October: 3,10,17, 24, 31
November: 7, 14
- Recovery from Trauma | In- Person This group is 10 weeks expressive arts therapy group. Providing those in the community who struggle with symptoms resulting from trauma with a safe place; to learn about their body's responses, normalize their experiences, find support from other individuals who may be facing similar difficulties, and build internal resources to better face symptoms as they arise.
- SMART Recovery | Online SMART Recovery (Self Management for Addiction Recovery) is a free support group open to anyone seeking science-based, self-empowered addiction recovery.
- Watercolour Painting | In- Person Follow along with the instructor and others in the group to create a painting based on a different example image, photo or inspiration each week. If you have never tried watercolours before, you will find it a very relaxing and meditative experience, and the results will amaze you. No experience is necessary.