



MONDAY

Knitting | In-Person

1:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

September 9th

3:00 pm – 4:00 pm

Kelty Dennehy Mental Health Resource Centre

September's Book: Any short stories by Alice Munro

October's Book: Alice Forgot by Alice Moriarty

Recovery from Trauma | In-Person FULL

10 weeks series, September 23rd to Dec 16th

10:00 – 11:30 am

Telfer Burke Meeting Room

Email: hello@woods.org to get on waitlist

TUESDAY

Mindful Art | In-Person

11:00 am – 12:00 pm

Kelty Dennehy Mental Health Resource Centre

Mindful Journalling | In-Person

1:00 pm – 2:00 pm

Kelty Dennehy Mental Health Resource Centre

Gentle Yoga | In-Person

11:00 am– 12:00 pm

September: 10th, 17th, 24th

Sacred Space

Please bring your own yoga mat

Art Therapy for Wellness | Online

6:00 pm– 8:00 pm

Email: Shu.steph@proton.me

WEDNESDAY

Watercolour Painting | In-Person

10:00 am – 12:00 pm

Kelty Dennehy Mental Health Resource Centre

Pet Therapy | In-Person

2:30 pm– 3:00 pm

Kelty Dennehy Mental Health Resource Centre

SMART Recovery | Online

5:00 pm– 6:00 pm

Email: Karen.hoshino@cmhanorthshore.ca

THURSDAY

Guided Meditation with Erin | Online

2:00 pm – 3:00 pm

Email : Erin@workwellnesscoach.com

Qigong with Rachel | In-Person

September: 12, 19, 26

11:00 am – 12:15 pm

Sacred Space

Men Let's Talk | Online

September 5, 19

6:00 pm – 7:30 pm

Email: Mlt@cmhanorthshore.ca

FRIDAY

Art Therapy for Wellness | Online

11.00 am – 1.00 pm

Email: Shu.steph@proton.me

