



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS OCTOBER 2024

MONDAY

Knitting | In-Person

1:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

October 7th

3:00 pm – 4:00 pm

Kelty Dennehy Mental Health Resource Centre

October's Book: Alice Forgot by Alice Moriarty

November's Book: Snow Road Station by Elizabeth Hay

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

Kelty Dennehy Mental Health Resource Centre

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

3:00 pm– 3:30 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

11:00 am – 12:15 pm

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Men Let's Talk | Online

October 3, 17, and 31

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

If you need more information, please contact: 604-984-5000 Ext: 5190
Email: Keltyhope@cmhanorthshore.ca

Kelty Dennehy Mental Health Resource Centre
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Canadian Mental
Health Association
North and West Vancouver
Mental health for all