



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS NOVEMBER 2024

MONDAY

Knitting | In-Person

1:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

November 4th

3:00 pm – 4:00 pm

November's Book: *Snow Road Station* by Elizabeth Hay

December's Book: *The Heaven and earth* grocery store
by James McBride

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TUESDAY

Introduction to Journalling | In-Person

November 5th

11:00 am – 12:30 pm

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Mindful Journalling | In-Person

November 12th, 19th, 26th

1:00 pm – 2:00 pm

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Gentle Yoga | In-Person

11:00 am – 12:00 pm

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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

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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

November 7th, 14th

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Men Let's Talk | Online

November 14th, 28th

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