



Kelty Dennehy  
Mental Health Resource Centre  
*HOpe for Mental Health*

## SOCIAL SUPPORT GROUPS MARCH 2025

### MONDAY

#### **Knitting | In-Person**

1:30 pm – 3:00 pm

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#### **Monthly Book Club | In-Person**

March 3<sup>rd</sup>

3:00 pm – 4:00 pm

**March's Book:** Murder in a Small Town

by LR Wright

**April's Book:** Foreign Affairs by Alison Laurie

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#### **Expressive Art Therapy | Online**

6:00 pm – 8:00 pm

Email: [artsessions2025@gmail.com](mailto:artsessions2025@gmail.com)

### TUESDAY

#### **Gentle Yoga | In-Person**

March 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

11:00 am – 12:00 pm

Telfer Burke Meeting Room

Please bring your yoga mat

#### **Wellness Exchange | Online**

March 11<sup>th</sup> Building Problem-Solving Skills

March 18<sup>th</sup> Promoting Positive Activities

March 25<sup>th</sup> Managing Reactions

7:00 pm – 8:00 pm

Zoom:

Meeting ID: 650 4113 4904

Password: 232896

### TUESDAY

#### **Mindful Journaling | In-Person**

1:00 pm – 2:00 pm

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### WEDNESDAY

#### **Watercolour Painting | In-Person**

10:00 am – 12:00 pm

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#### **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](mailto:Karen.hoshino@cmhanorthshore.ca)

### THURSDAY

#### **Art Therapy for Wellness | Online**

11:00 am – 1:00 pm

Email: [ssamm25@gmail.com](mailto:ssamm25@gmail.com)

#### **Wellness Exchange | Online**

March 13<sup>th</sup> Building Problem-Solving Skills

March 20<sup>th</sup> Promoting Positive Activities

March 27<sup>th</sup> Managing Reactions

12:00 pm – 1:00 pm

Zoom:

Meeting ID: 644 2256 2462

Password: 470396

### THURSDAY

#### **Qigong with Rachel | In-Person**

10:30 am – 11:45 pm

March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

Telfer Burke Meeting Room

#### **Guided Meditation with Erin | Online**

2:00 pm – 3:00 pm

Email: [Erin@workwellnesscoach.com](mailto:Erin@workwellnesscoach.com)

#### **Bipolar Community Support Group | In-Person**

4:00 pm – 6:00 pm

**Register** Email: [bd.cmha.group@gmail.com](mailto:bd.cmha.group@gmail.com)

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#### **Men Let's Talk | Online**

March 6<sup>th</sup>, 20<sup>th</sup>

6:00 pm – 7:30 pm

Email: [Mlt@cmhanorthshore.ca](mailto:Mlt@cmhanorthshore.ca)

### FRIDAY

#### **Farsi Post-Crisis Growth Group | In-Person** 6:30 pm – 8:00 pm

March 7<sup>th</sup>

Unit 5 – 1680 Lloyd Ave, North Vancouver,

BC V7P 2N6

If you need more information, please contact: 604-984-5000 Ext: 2385190

Email: [Keltyhope@cmhanorthshore.ca](mailto:Keltyhope@cmhanorthshore.ca)

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Canadian Mental  
Health Association  
North and West Vancouver  
*Mental health for all*