



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS APRIL 2025

MONDAY

Knitting | In-Person

1:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

April 7th

3:00 pm – 4:00 pm

April's Book: Foreign Affairs by Alison Laurie

Kelty Dennehy Mental Health Resource Centre

May's Book: Sleep While I Sing by LR Wrights Sechelt

Kelty Dennehy Mental Health Resource Centre

Expressive Art Therapy | Online

6:00 pm – 8:00 pm

Email: artsessions2025@gmail.com

TUESDAY

Gentle Yoga | In-Person

11:00 am – 12:00 pm

Telfer Burke Meeting Room

Please bring your yoga mat

Wellness Exchange | Online

April 1st Promoting Healthy Thinking

April 8th Building Healthy Connections

7:00 pm – 8:00 pm

Zoom: Meeting ID: 650 4113 4904

Password: 232896

TUESDAY

Mindful Journalling | In-Person

1:00 pm – 2:00 pm

Kelty Dennehy Mental Health Resource Centre

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

Art Therapy for Wellness | Online

11:00 am – 1:00 pm

Email: ssammut25@gmail.com

Wellness Exchange | Online

April 3rd Promoting Healthy Thinking

April 10th Building Healthy Connections

12:00 pm – 1:00 pm

Zoom: Meeting ID: 650 4113 4904

Password: 470396

THURSDAY

Qigong with Rachel | In-Person

10:30 am – 11:45 pm

Last Session Series April 3rd

Telfer Burke Meeting Room

Guided Meditation with Erin | Online

2:00 pm – 3:00 pm

Email: Erin@workwellnesscoach.com

Bipolar Community Support Group | In-Person

4:00 pm – 6:00 pm

Register Email: bd.cmha.group@gmail.com

Kelty Dennehy Mental Health Resource Centre

Men Let's Talk | Online

April 3rd, 17th

6:00 pm – 7:30 pm

Email: Mlt.northshore@cmhanorthshore.ca

FRIDAY

Farsi Post-Crisis Growth Group | In-Person

6:30 pm – 8:00 pm

April 11th, 25th

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

Kelty Dennehy Mental Health Resource Centre

1st Floor, 1337 St. Andrews St, North Vancouver, V7L 0B0



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

<u>Name of the course</u>	<u>Description of the Social Group</u>
Art Therapy for Wellness Online	<p>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.</p>
Building Problem-Solving Skills Online	<p>Teaches participants with the tools to break problems down into more manageable chunks, identify a range of ways to respond, and create an action plan to move forward.</p> <p>Tuesday March 11th, 2025: 7-8 pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 650 4113 4904 • Password: 232896 <p>Thursday March 13th, 2025: 12-1pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 644 2256 2462 • Password: 470396
Gentle Yoga In-Person	<p>Our sessions emphasize slow, mindful movements, deep breathing, and gentle stretches to promote relaxation and enhance flexibility.</p>

	<p>Led by experienced instructors, each class incorporates calming techniques and poses that help reduce stress and tension while nurturing both body and mind practice, this supportive environment fosters connection and tranquility.</p>
<p>Guided Meditation with Erin Online</p>	<p>Guided meditations are offered weekly by videoconference to relax your body and mind and help you to center your heart. Each gathering includes a guided meditation plus a short video from various meditation teachers on expanding awareness and peace.</p>
<p>Knitting In-Person</p>	<p>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.</p>
<p>Managing Reactions Online</p>	<p>Helps participants to better manage distressing physical and emotional reactions by using tools as breathing retraining, writing exercises, and identifying and planning for triggers and reminders.</p> <p>Tuesday March 25th, 2025: 7-8pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 650 4113 4904 • Password: 232896 <p>Thursday March 27th, 2025: 12-1pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 644 2256 2462

	<ul style="list-style-type: none"> • Password: 470396
Men Let's Talk Online	A space to gather as men 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.

<p>Pet Therapy In-Person</p>	<p>Come spend time with the sweet four-legged friends (dogs), give some pets, or take a short walk if the weather permits.</p>
<p>Promoting Helpful Thinking Online</p>	<p>Helps participants to learn how their thoughts influence their emotions, become more aware of what they are saying to themselves, and replace unhelpful thoughts with more helpful ones.</p> <p>Tuesday April 1st, 2025: 7-8pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 650 4113 4904 • Password: 232896 <p>Thursday April 3rd, 2025: 12-1pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 644 2256 2462 • Password: 470396
<p>Promoting Positive Activities Online</p>	<p>Guides participants to increase meaningful and positive activities in their schedule, with the goal of building resilience and bringing more fulfillment and enjoyment into their life.</p> <p>Tuesday March 18th, 2025: 7-8pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 650 4113 4904 • Password: 232896 <p>Thursday March 20th, 2025: 12-1pm (PST)</p>

	<ul style="list-style-type: none"> • Meeting ID: 644 2256 2462 • Password: 470396
Qigong In-Person	<p>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!</p>
Rebuilding Healthy Connections Online	<p>Encourages participants to access and enhance social, workplace and community support.</p> <p>Tuesday April 8th , 2025: 7-8pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 650 4113 4904 • Password: 232896 <p>Thursday April 10th, 2025: 12-1pm (PST)</p> <ul style="list-style-type: none"> • Meeting ID: 644 2256 2462 • Password: 470396
Recovery from Trauma In-Person	<p>This group is a 10-week expressive art therapy group. Providing those who struggle with</p>

	<p>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 other similar difficulties, and build internal resources to better face symptoms as they arise.</p>
SMART Recovery Online	<p>SMART Recovery (Self-Management for Addiction Recovery) is a free online support group open to anyone seeking science-based, self-empowered addiction recovery. We can support you in your recovery from any type of addictive behaviour including substance use, food, relationships, gambling, smoking etc...</p>
Watercolour Painting In-Person	<p>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 necessary.</p>