



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

## SOCIAL SUPPORT GROUPS MAY 2025

### MONDAY

**Knitting | In-Person**

1:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

**Necklace of Hope- Walking Group | In-Person**

12:00 pm – 13:00 pm

Kelty Dennehy Mental Health Resource Centre

**Monthly Book Club | In-Person**

May 5<sup>th</sup>

3:00 pm – 4:00 pm

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

**June's Book:** The confession club by Elizabeth Berg

Kelty Dennehy Mental Health Resource Centre

**Expressive Art Therapy | Online**

6:00 pm – 8:00 pm

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

### TUESDAY

**Mindful Journalling | In-Person**

1:00 pm – 2:00 pm

Kelty Dennehy Mental Health Resource Centre

**Wellness Exchange | Online**

May 6<sup>th</sup> Building Problem Solving Skills

May 13<sup>th</sup> Promoting Positive Activities

May 20<sup>th</sup> Managing Reactions

May 27<sup>th</sup> Promoting Helpful Thinking

7:00 pm – 8:00 pm

Zoom: Meeting ID: 643 8230 2558

Password: 168235

### TUESDAY

**Gentle Yoga | In-Person**

11:00 am – 12:00 pm

Telfer Burke Meeting Room

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

**Please bring your yoga mat**

### 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

### THURSDAY

**Wellness Exchange | Online**

May 8<sup>th</sup> Building Problem Solving Skills

May 15<sup>th</sup> Promoting Positive Activities

May 22<sup>nd</sup> Managing Reactions

May 29<sup>th</sup> Promoting Helpful Thinking

12:00 pm – 1:00 pm

Zoom: Meeting ID: 649 2652 8844

Password: 746989

**Art Therapy for Wellness | Online**

11:00 am – 1:00 pm

Email: [ssammut25@gmail.com](mailto:ssammut25@gmail.com)

### THURSDAY

**Tai Chi with Cheryl | In-Person**

10:30 am – 11:30 pm

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**

May 15<sup>th</sup>, May 22<sup>nd</sup>, 29<sup>th</sup>

4:00 pm – 6:00 pm

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

Kelty Dennehy Mental Health Resource Centre

**Men Let's Talk | Online**

May 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>

6:00 pm – 7:30 pm

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

### FRIDAY

**Farsi Post-Crisis Growth Group | In-Person**

6:30 pm – 8:00 pm

May 11<sup>th</sup>, 25<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)

Kelty Dennehy Mental Health Resource Centre

1<sup>st</sup> Floor, 1337 St. Andrews St, North Vancouver, V7L 0B0



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

Name of the Group	Description of the Social Group
Art Therapy for Wellness   <a href="#">Online</a>	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.
Building Problem Solving Skills   <a href="#">Online</a>	Teaches participants the tools break problems down into more manageable chunks, identify a range of ways to respond, and create an action plan to move forward.
Gentle Yoga   <a href="#">In-Person</a>	Our sessions emphasize slow, mindful movements, deep breathing, and gentle stretches to promote relaxation and enhance flexibility. 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.
Guided Meditation with Erin   <a href="#">Online</a>	Guided meditations are offered weekly by videoconference to relax your body and mind and help you to center your heart. Each gathering includes guided meditation plus a short video from various meditation teachers on expanding awareness and peace.
Managing Reaction   <a href="#">Online</a>	Helps participants to better manage distressing physical and emotional reactions by using such tools as using tools as breathing retaining, writing exercises, and identifying and planning for triggers as a reminder.
Mindful Art   <a href="#">In-Person</a>	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. Practice has significant positive impacts on mental health,

	<p>serving as a form of self-expression. It promotes relaxation and reduces stress; engaging in these activities enhances concentration and focus.</p> <p>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.</p>
Mindful Journaling   <b>In-Person</b>	<p>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.</p>
Monthly Book Club   <b>In-Person</b>	<p>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>
Necklace of Hope Walking Group   <b>In-Person</b>	<p>This scenic route takes us from the Hope Centre, meandering along the beautiful Grand Boulevard and returns to where our journey began, creating a "necklace" of shared moments, connection, and well-being. Whether you're looking to improve your fitness, meet new people, simply enjoy the outdoors, the walk offers a welcoming space for all with each step, we embrace the hope and strength of community.</p>
Pet Therapy   <b>In-Person</b>	<p>Come spend time with sweet four-legged friends (dogs), give some pets, or take a short walk if the weather permits.</p>
Promoting Helpful Thinking   <b>Online</b>	<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>
Promoting Positive Activities   <b>Online</b>	<p>Guides participants to increase meaningful and positive activities in their schedule, with the goal of</p>

	building resilience and bringing more fulfillment and employment into their life.
Tai Chi   <b>In-Person</b>	Step into the world of Tai Chi with this welcoming class designed especially for beginners. In a relaxed and supportive environment, you'll learn the basic principles and gentle movements of this ancient Chinese practice. Emphasizing balance, coordination, and mindful breathing, Tai Chi can help reduce stress, improve flexibility, and increase body awareness. No prior experience is needed—just comfortable clothing and a willingness to move at your own pace. Perfect for anyone looking to explore a calming and low-impact form of exercise.
Rebuilding Healthy Connections   <b>Online</b>	Encourages participants to access and enhance social, workplace and community support.
Tai Chi   <b>In-Person</b>	Step into the world of Tai Chi with this welcoming class designed especially for beginners. In a relaxed and supportive environment, you'll learn the basic principles and gentle movements of this ancient Chinese practice. Emphasizing balance, coordination, and mindful breathing, Tai Chi can help reduce stress, improve flexibility, and increase body awareness. No prior experience is needed—just comfortable clothing and a willingness to move at your own pace. Perfect for anyone looking to explore a calming and low-impact form of exercise.
Watercolor Painting   <b>In-Person</b>	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 watercolors before, you will find it a very relaxing and meditative experience, and the results will amaze you. No experience necessary.