



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS **JUNE 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

June 2nd

3:00 pm – 4:00 pm

June's Book: The confession club

By Elizabeth Berg

July's Book: The wishing game

By Meg Shaffer

Kelty Dennehy Mental Health Resource Centre

TUESDAY

Mindful Journalling | In-Person

1:00 pm – 2:00 pm

Kelty Dennehy Mental Health Resource Centre

Wellness Exchange | Online

June 3rd Rebuilding Healthy Connections

7:00 pm – 8:00 pm

Zoom: Meeting ID: 643 8230 2558

Password: 16823

Gentle Yoga | In-Person

11:00 am– 12:00 pm

Telfer Burke Meeting Room

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

June 5th Rebuilding Healthy Connections

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

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

THURSDAY

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

June 12th, 26th

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

June 13th, 27th

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

Name of the Group	Description of the Social Group
Art Therapy for Wellness Online	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.
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>
Guided Meditation with Erin Online	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.
Mindful Art In-Person	<p>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, 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 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.
Necklace of Hope Walking Group In-Person	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.
Pet Therapy In-Person	Come spend time with sweet four-legged friends (dogs), give some pets, or take a short walk if the weather permits.
Tai Chi In-Person	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 Online	Encourages participants to access and enhance social, workplace and community support.

Tai Chi In-Person	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 In-Person	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.