



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

## SOCIAL SUPPORT GROUPS JULY 2025

### MONDAY

#### Circle of Hope-Farsi Speaking Woman Group

**In-Person**

10:30 am – 12pm

Telfer Burke Meeting Room

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

1:30 pm – 3:00 pm

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

12:00 pm – 13:00 pm

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

July 7<sup>th</sup>

3:00 pm – 4:00 pm

**July's Book:** The wishing game

By Meg Shaffer

**August's Book:** The Twist of Knife

By Anthony Horowitz

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### TUESDAY

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

11:00 am– 12:00 pm

Telfer Burke Meeting Room

**Please bring your yoga mat**

#### Mindful Journalling | **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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### THURSDAY

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

11:00 am – 1:00 pm

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

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

10:30 am – 11:30 am

July 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

Telfer Burke Meeting Room

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

4:00 pm – 6:00 pm

July 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

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

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

July 10<sup>th</sup>, 24<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

July 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.
Circle of Hope: Farsi Speaking Woman Group <b>In-Person</b>	Join a safe and welcoming space to share, connect, and learn—together. This group is open to all Farsi-speaking women, regardless of background or beliefs.
Gentle Yoga   <b>In-Person</b>	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.
Mindful Journaling   <b>In-Person</b>	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   <b>In-Person</b>	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   <b>In-Person</b>	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.
Pet Therapy   <b>In-Person</b>	Come spend time with sweet four-legged friends (dogs), give some pets, or take a short walk if the weather permits.
Tai Chi   <b>In-Person</b>	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.