



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

## SOCIAL SUPPORT GROUPS November 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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#### Monthly Book Club | **In-Person**

November 3<sup>rd</sup>

3:00 pm – 4:00 pm

**November's Book**

Lightning Strikes the Silence by Iona Whishaw.

**December's Book**

Home and Away by Mary-Anne Taylor

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### TUESDAY

#### Mindful Journalling | **In-Person**

1:00 pm – 2:00 pm

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#### Empowered Games | **In-Person**

4:00pm – 6:00pm

**Register** Email: [empowered.games.kelty@gmail.com](mailto:empowered.games.kelty@gmail.com)

Telfer Burke Meeting Room

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

6:00 pm – 8.00 pm

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

### 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 – 11:30am

Telfer Burke Meeting Room

#### 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**

6:00 pm – 7:30 pm

November 13<sup>th</sup>, 27<sup>th</sup>

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

### FRIDAY

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

6:30 pm – 8:00 pm

November 14<sup>th</sup>, 28<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*