



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS OCTOBER 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**

October 6th

October's Book: The Three Lives of Alice St. Pierre

By Natash Lester

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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

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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THURSDAY

Art Therapy for Wellness | **Online**

11.00 am – 1.00 pm

Email: ssammut25@gmail.com

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

10:30 am – 11:30am

Telfer Burke Meeting Room

Bipolar Community Support Group |

In-Person

4:00 pm – 6:00 pm

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

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Men Let's Talk | **Online**

October 2nd, 16th, 30th

6:00 pm – 7:30 pm

Email: Mlt@cmhanorthshore.ca

FRIDAY

Farsi Post-Crisis Growth Group | **InPerson**

6:30 pm – 8:00 pm

October 9th, 23rd

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

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