



MONDAY

Circle of Hope-Farsi Speaking Woman Group

In-Person

10:30 am – 12:00 pm

December 1st, 8th, 15th

Telfer Burke Meeting Room

Knitting | In-Person

1:30 pm – 3:00 pm

December 1st, 8th, 15th

Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

December 1st

3:00 pm – 4:00 pm

December's Book

Home and Away by Mary-Anne Taylor

Kelty Dennehy Mental Health Resource Centre

TUESDAY

Mindful Journalling | In-Person

1:00 pm – 2:00 pm

December 3rd, 10th, 17th

Kelty Dennehy Mental Health Resource Centre

Empowered Games | In-Person

4:00 pm – 6:00 pm

December 3rd, 10th, 17th

Register Email: empowered.games.kelty@gmail.com

Telfer Burke Meeting Room

WEDNESDAY

Watercolour Painting | In-Person

10:00 am – 12:00 pm

December 3rd, 10th, 17th

Kelty Dennehy Mental Health Resource Centre

Pet Therapy | In-Person

2:30 pm – 3:00 pm

December 3rd, 10th, 17th

Kelty Dennehy Mental Health Resource Centre

Art Therapy for Wellness | Online

6:00 pm – 8:00 pm

December 3rd, 10th, 17th

Email: arttherapywithjessica@gmail.com

THURSDAY

Art Therapy for Wellness | Online

11:00 am – 1:00 pm

December 4th, 11th, 18th

Email: ssammut25@gmail.com

Tai Chi with Cheryl | In-Person

10:30 am – 11:30 am

December 4th, 11th, 18th

Telfer Burke Meeting Room

Bipolar Community Support Group |

In-Person

4:00 pm – 6:00 pm

December 4th, 11th, 18th

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

Kelty Dennehy Mental Health Resource Centre

Men Let's Talk | Online

6:00 pm – 7:30 pm

December 11th

Email: Mlt@cmhanorthshore.ca

FRIDAY

Farsi Post-Crisis Growth Group | In-Person

6:30 pm – 8:00 pm

December 12th

Unit 303 – 545 Clyde Ave, West Vancouver,

