



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS JANUARY 2026

MONDAY

Fitness for Energy Body | In-Person

10:00 am – 11:00 am

Telfer Burke Meeting Room

Circle of Hope-Farsi Woman Support Group | In-Person

11:15 am – 12:45 pm

January 12th, 19th, 26th

Telfer Burke Meeting Room

Knitting | In-Person

1:30 pm – 3:00 pm

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Monthly Book Club | In-Person

3:00 pm – 4:00 pm

January 12th

January's Book: Home and Away by Mary-Anne Taylor

February's Book: The Djin Waits a Hundred Years by Shubnum Khan

Kelty Dennehy Mental Health Resource Centre

Art Therapy for Wellness | Online

5:00 pm – 7:00 pm

January 12th, 19th, 26th

Email: mindcanvas2023@gmail.com

TUESDAY

Mindful Journalling | In-Person

1:00 pm – 2:00 pm

Kelty Dennehy Mental Health Resource Centre

Resilience in Action – Farsi Woman Support Group | In-Person

12:30 pm – 2:30 pm

Register Email: saghar@nscss.netmes

Unit 303 – 545 Clyde Ave, West Vancouver

Expressive Art Therapy | Online

5:30 pm – 7:30 pm

January 20th, 27th

Email: expressivearts2026@outlook.com

Empowered Games | In-Person

4:00 pm – 6:00 pm

Email: empowered.games.kelty@gmail.com

Telfer Burke Meeting Room

WEDNESDAY

Watercolour Painting | In-Person

10:00 am – 12:00 pm

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WEDNESDAY

Pet Therapy | In-Person

2:30 pm – 3:00 pm

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THURSDAY

Tai Chi with Cheryl | In-Person

10:30 am – 11:30 am

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

January 8th, 22nd

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 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