



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 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

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 12<sup>th</sup>

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

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

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

5:00 pm – 7:00 pm

January 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

Email: [mindcanvas2023gmail.com](mailto:mindcanvas2023gmail.com)

### TUESDAY

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

1:00 pm – 2:00 pm

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

12:30 pm – 2:30 pm

**Register** Email: [saghar@nscss.netmes](mailto:saghar@nscss.netmes)

Unit 303 – 545 Clyde Ave, West Vancouver

#### **Expressive Art Therapy | Online**

5:30 pm – 7:30 pm

January 20<sup>th</sup>, 27<sup>th</sup>

Email: [expressivearts2026@outlook.com](mailto:expressivearts2026@outlook.com)

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

4:00 pm – 6:00 pm

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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### 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](mailto:bd.cmha.group@gmail.com)

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

January 8<sup>th</sup>, 22<sup>nd</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

June 9<sup>th</sup>, 23<sup>rd</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*