



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

## **MONDAY**

**Gentle Full Body Workout with Barb**

| **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

Telfer Burke Meeting Room

**Knitting | In-Person**

1:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

**Monthly Book Club | In-Person**

3:00 pm – 4:00 pm

March 9<sup>th</sup>

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

**April's Book:** *Booklover's Library*  
Madelin Martin

Kelty Dennehy Mental Health Resource Centre

**Art Therapy for Wellness | Online**

5:00 pm – 7:00 pm

March 2<sup>nd</sup>, 9<sup>th</sup>

Email: [mindcanvas2023@gmail.com](mailto:mindcanvas2023@gmail.com)

## **TUESDAY**

**Fitness for Energy Body with Sarah**

| **In-Person**

10:00 am – 11:00 am

Telfer Burke Meeting Room

**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

March 3<sup>rd</sup>, 17<sup>th</sup>

**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

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

## **SOCIAL SUPPORT GROUPS MARCH 2026**

### **WEDNESDAY**

**Watercolour Painting | In-Person**

10:00 am – 12:00 pm

Kelty Dennehy Mental Health Resource Centre

**Pet Therapy | In-Person**

2:30 pm – 3:00 pm

Kelty Dennehy Mental Health Resource Centre

### **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

**Intake Required**

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

Kelty Dennehy Mental Health Resource Centre

**Men Let's Talk | Online**

6:00 pm – 7:30 pm

March 5<sup>th</sup>, 19<sup>th</sup>

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

### **FRIDAY**

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

6:30 pm – 8 pm

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

Unit 303 – 545 Clyde Ave, West Vancouver

If you need more information,  
please contact: 604-984-5000 Ext: 2385190  
Email: [Keltyhope@cmhanorthshore.ca](mailto: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*