



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

April 13rd, 20th

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

April 13rd

April's Book: Booklover's Library

by: Madelin Martin

May's Book: The man who died twice

by: Richard Osman

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TUESDAY

Fitness for Energy Body with Sarah

| **In-Person**

April 7th, 14th, 21st

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

TUESDAY

Resilience in Action – Farsi Woman Support

Group | In-Person

12:30 pm – 2:30 pm

April 7th, 21st

Register Email: saghar@nscss.netmes

Unit 303 – 545 Clyde Ave, West Vancouver

Expressive Art Therapy | Online

5:30 pm – 7:30 pm

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

Kelty Dennehy Mental Health Resource Centre

Pet Therapy | In-Person

2:30 pm – 3:00 pm

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SOCIAL SUPPORT GROUPS APRIL 2026

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

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Men Let's Talk | Online

6:00 pm – 7:30 pm

April 2nd, 16th, 30th

Email: Mlt.northshore@cmhanorthshore.ca

FRIDAY

Farsi Post-Crisis Growth Group | In-Person

6:30 pm – 8 pm

April 10th, 24th

Unit 303 – 545 Clyde Ave, West Vancouver

If you need more information,
please contact: 604-984-5000 Ext: 2385190
Email: Keltyhope@cmhanorthshore.ca
Kelty Dennehy Mental Health Resource Centre
1st Floor, 1337 St. Andrews St, North Vancouver, V7L 0B0



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