



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

## SOCIAL SUPPORT GROUPS MAY 2026

### MONDAY

#### Gentle Full Body Workout with Barb

| **In-Person**

10:00 am – 11:00 am

May 4<sup>th</sup>, 11<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

May 11<sup>th</sup>

*May's Book: The man who died twice*

by: Richard Osman

*June's Book: Homecoming*

by: Kate Morton

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### TUESDAY

#### Fitness for Energy Body with Sarah

| **In-Person**

May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

10:00 am – 11:00 am

Telfer Burke Meeting Room

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

1:00 pm – 2:00 pm

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### TUESDAY

#### Resilience in Action – Farsi Woman Support

Group| **In-Person**

12:30 pm – 2:30 pm

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

### WEDNESDAY

#### Watercolour Painting | **In-Person**

10:00 am – 12:00 pm

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#### 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

May 7<sup>th</sup>, 21<sup>st</sup>

### **Intake Required**

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

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

6:00 pm – 7:30 pm

May 14<sup>th</sup>, 28<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

May 8<sup>th</sup>, 22<sup>nd</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*