



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

## SOCIAL SUPPORT GROUPS JUNE 2026

### MONDAY

**Gentle Full-Body Workout with Barb | In-Person**

10:00 am – 11:00 am

June 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

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

June 8<sup>th</sup>

*June's Book: Lightning strikes the silence*

by Iona Wishaw

*July's Book* The Invisible life of Addie Le Rue

by: Victoria Schwab

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### TUESDAY

**Fitness for Energy Body with Sarah**

**| In-Person**

June 9<sup>th</sup>, 16<sup>th</sup>

10:00 am – 11:00 am

Telfer Burke Meeting Room

### TUESDAY

**Mindful Journalling | In-Person**

1:00 pm – 2:00 pm

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**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

**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

June 11<sup>th</sup>, 25<sup>th</sup>

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

### FRIDAY

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

6:30 pm – 8:00 pm

June 12<sup>th</sup> and 26<sup>th</sup>

Unit 303 – 545 Clyde Ave, West Vancouver

For the most up-to-date calendar, please visit:  
<https://northwestvancouver.cmha.bc.ca/programs-and-services/kelty-resource-centre/>

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*