



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS AUGUST 2026

MONDAY

Gentle Full-Body Workout with Barb | In-Person

10:00 am – 11:00 am
August 10th,
Telfer Burke Meeting Room

Knitting | In-Person

1:30 pm – 3:00 pm
August 10th, 17th, 24th, 31st
Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

3:00 pm – 4:00 pm
August 10th
August's Book: The Island
by: Victoria Hislop
September's Book: The Midnight Library
by: Matt Haig
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TUESDAY

**Fitness for Energy Body with Sarah
| In-Person**

10:00 am – 11:00 am
August 4th, 11th, 18th
Telfer Burke Meeting Room

TUESDAY

Mindful Journalling | In-Person

1:00 pm – 2:00 pm
Kelty Dennehy Mental Health Resource Centre

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
Kelty Dennehy Mental Health Resource Centre

THURSDAY

Tai Chi with Cheryl | In-Person

10:30 am – 11:30 am
Telfer Burke Meeting Room

THURSDAY

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
August 6th, 20th
Email: Mlt.northshore@cmhanorthshore.ca

FRIDAY

Mindful Breathwork and Meditation | Online

2:30 pm – 3:15 pm
Email: skywalkermeditation@gmail.com

Virtual ADHD Support Group | Online

12:00 pm – 1 pm
August 7th, 14th, 21st
Intake Required
Email: adina.kline@cmhanorthshore.ca

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
Kelty Dennehy Mental Health Resource Centre
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Canadian Mental
Health Association
North and West Vancouver
Mental health for all