



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS SEPTEMBER 2026

MONDAY

Gentle Full-Body Workout with Barb | In-Person

10:00 am – 11:00 am
September 14th, 21st
Telfer Burke Meeting Room

Knitting | In-Person

1:30 pm – 3:00 pm
September 14th, 21st, 28th
Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person

3:00 pm – 4:00 pm
September 14th
September's Book: The Midnight Library
by: Matt Haig
October's Book: The Busy Body Book Club
by: Freya Sampson
Kelty Dennehy Mental Health Resource Centre

TUESDAY

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

10:00 am – 11:00 am
September 8th, 15th, 22nd
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

**Honouring the Bond: A Pet Loss Support
Group | In-Person**

5:30 pm – 7:00 pm
September 29th
Intake Required
Email: Blair.Hackman@cmhanorthshore.ca
Kelty Dennehy Mental Health Resource Centre

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
September 10th, 17th, 24th
Intake Required
Email: bd.cmha.group@gmail.com
Kelty Dennehy Mental Health Resource Centre

Men Let's Talk | Online

6:00 pm – 7:30 pm
September 3rd, 17th
Email: Mlt.northshore@cmhanorthshore.ca

FRIDAY

Mindful Breathwork and Meditation | Online

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

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
1st Floor, 1337 St. Andrews St, North Vancouver, V7L 0B0



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