Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS
OCTOBER 2026

MONDAY

Gentle Full-Body Workout with Barb | In-Person
10:00 am – 11:00 am
October 5th, 19th
Telfer Burke Meeting Room

Knitting | In-Person
1:30 pm – 3:00 pm
October 5th, 19th ,26th
Kelty Dennehy Mental Health Resource Centre

Monthly Book Club | In-Person
3:00 pm – 4:00 pm
October 19th
October's Book: The Busy Body Book Club
By: Freya Sampson
November's Book: The Sweetness at the Bottom of the Pie *By: Alan Bradley*
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TUESDAY

Fitness for Energy Body with Sarah | In-Person
10:00 am – 11:00 am
October 6th ,13th ,20th
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
October 20th, 27th

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
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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
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Men Let's Talk| Online
6:00 pm – 7:30 pm
October 1st ,15th ,29th
Email: Mlt.northshore@cmhanorthshore.ca

FRIDAY

Mindful Breathwork and Meditation | Online
2:30 pm – 3:15 pm
Email: skywalkermeditation@gmail.com

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

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