Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

SOCIAL SUPPORT GROUPS
NOVEMBER 2026

MONDAY

Gentle Full-Body Workout with Barb | In-Person
10:00 am – 11:00 am
November 2nd ,9th, 23rd, 30th
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
November 9th
November's Book: The Sweetness at the Bottom of the Pie *By: Alan Bradley*
December's Book: A Match Made for Murder By: *Iona Whishaw*
Kelty Dennehy Mental Health Resource Centre

TUESDAY

Fitness for Energy Body with Sarah | In-Person
10:00 am – 11:00 am
November 3rd, 10th ,17th ,24th
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
November 4th ,18th, 25th
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
Intake Required
Email: bd.cmha.group@gmail.com
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Men Let's Talk| Online
6:00 pm – 7:30 pm
November 12th, 26th
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