

MONDAY

Knitting | In-Person

Mondays
1:30 – 3.00 pm
Kelty Dennehy Mental Health Resource Centre

Voices & Visions Support Group | In-Person

Monday, August 12
2.00 – 3.00 pm
VCH South Mental Health and Substance Use Team

Talking with Your Doctor | In-Person

Monday, August 21
1.00 – 2.30 pm
Shakespeare House, 1350 St. Andrews Avenue, North
Vancouver, BC

Monthly Book Club | In-Person

Monday, August 14
3:00 – 4:00 pm
Kelty Dennehy Mental Health Resource Centre
August's book: *Mister Pip* by Lloyd Jones

TUESDAY

Chronic Pain Support Group | Online

Tuesdays
1:30 – 2:45 pm

Voices & Visions Support Group | In-Person

Tuesdays, August 1 and 15
1:30 – 2:30 pm
VCH Raven Song Community Health Centre

Mindfulness Meditation & Movement | In-Person

Tuesdays
2:00 – 3:00 pm
Sacred Space at the HOPE Centre

WEDNESDAY

Art Therapy for Wellness | Online

Wednesdays
11.00 am – 1.00 pm

Your Recovery Journey | In-person

5 Wednesdays, August 2 – 30
2.00 – 4.00 pm
Room B – 520 West 6th Ave, Vancouver, BC

Circle of Hope:

Farsi Speaking Women's Group | In-Person

Wednesdays
4:00 – 5:00 pm
Kelty Dennehy Mental Health Resource Centre

SMART Recovery:

Self Management for Addiction Recovery | Online
Wednesdays
5:00 – 6:00 pm

THURSDAY

Plan for Wellness & Recovery (PWR) | In-Person

5 Thursdays, August 3 – 31
1:00 – 3:00 pm
VCH Kitsilano-Fairview Mental Health Team

Guided Meditation with Erin | Online

Thursdays
2:00 – 3:00 pm

Men Let's Talk | Online

Thursdays
6:00 – 7:30 pm

Voices & Visions Support Group | Online

Thursday, August 3
6:00 – 7:00 pm

FRIDAY

Art Therapy for Wellness | Online

Fridays
11.00 am – 1.00 pm

Voices & Visions Support Group | Online

Friday, August 4
2:30 – 3:30 pm

Voices & Visions Support Group | In-Person

Friday, August 18
2:30 – 3:30 pm
VCH Three Bridges Community Mental Health Centre

Talking with Your Doctor | In-Person

Friday, August 25
2.00 – 3.30 pm
Room 202 – 520 West 6th Ave, Vancouver, BC

SATURDAY

Voices & Visions Support Group | Online

Saturdays, August 12 and 26
2:30 – 3:30 pm

To register:

www.recoverycollegeyvr.ca/courses

If you need help to register:

778-836-9243 or info@recoverycollegeyvr.ca