



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	<div>3</div> <div> <b>Mindful Art</b> (11 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Chronic Pain Support Group</b> (1:30–2:45 pm)</div> <div> <b>Voices &amp; Visions Support Group</b> (1:30–2:30 pm) <i>VCH Raven Song Community Health Centre</i></div> <div> <b>Mindfulness Meditation &amp; Movement</b> (2–3 pm) <i>Sacred Space at the HOpe Centre</i></div>	<div>4</div> <div> <b>Watercolour Painting</b> (10 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Coping With Uncertainty</b> (10 am–12 pm)</div> <div> <b>Qigong with Rachel Rocco</b> (10:30–11:45 am) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Pet Therapy</b> (2:30–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Self Management for Addiction Recovery</b> (5–6 pm)</div>	<div>5</div> <div> <b>Guided Meditation with Erin</b> (2–3 pm)</div> <div> <b>Men Let's Talk</b> (6–7:30 pm)</div> <div> <b>Voices &amp; Visions Support Group</b> (6–7 pm)</div>	<div>6</div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Voices &amp; Visions Support Group</b> (2:30–3:30 pm)</div> <div> <b>Circle of Hope: Farsi Speaking Women's Group</b> (4–5 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div>	<div>7</div>
8	9	<div>10</div> <div> <b>Mindful Art</b> (11 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Chronic Pain Support Group</b> (1:30–2:45 pm)</div> <div> <b>Mindfulness Meditation &amp; Movement</b> (2–3 pm) <i>Sacred Space at the HOpe Centre</i></div>	<div>11</div> <div> <b>Watercolour Painting</b> (10 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Coping With Uncertainty</b> (10 am–12 pm)</div> <div> <b>Wellness Recovery Action Plan (WRAP)</b> (10 am–12 pm) <i>HOpe Centre, Room 4</i></div> <div> <b>Qigong with Rachel Rocco</b> (10:30–11:45 am) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Pet Therapy</b> (2:30–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Self Management for Addiction Recovery</b> (5–6 pm)</div>	<div>12</div> <div> <b>Guided Meditation with Erin</b> (2–3 pm)</div> <div> <b>Men Let's Talk</b> (6–7:30 pm)</div>	<div>13</div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Circle of Hope: Farsi Speaking Women's Group</b> (4–5 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div>	<div>14</div> <div> <b>Voices &amp; Visions Support Group</b> (2:30–3:30 pm)</div>
15	<div>16</div> <div> <b>Knitting</b> (1–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Talking With Your Doctor</b> (1–2:30 pm) <i>HOpe Centre, Room 4</i></div> <div> <b>Voices &amp; Visions Support Group</b> (2:00–3:00 pm) <i>VCH South Mental Health and Substance Use Team</i></div> <div> <b>Book Club</b> (3–4 pm) <i>Kelty Dennehy Mental Health Resource Centre</i> October's book: <i>Ru</i> by Kim Thuy November's book: <i>Framed in Fire</i> by Iona Whishaw</div>	<div>17</div> <div> <b>Mindful Art</b> (11 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Chronic Pain Support Group</b> (1:30–2:45 pm)</div> <div> <b>Voices &amp; Visions Support Group</b> (1:30–2:30 pm) <i>VCH Raven Song Community Health Centre</i></div> <div> <b>Mindfulness Meditation &amp; Movement</b> (2–3 pm) <i>Sacred Space at the HOpe Centre</i></div>	<div>18</div> <div> <b>Watercolour Painting</b> (10 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Coping With Uncertainty</b> (10 am–12 pm)</div> <div> <b>Wellness Recovery Action Plan (WRAP)</b> (10 am–12 pm) <i>HOpe Centre, Room 4</i></div> <div> <b>Qigong with Rachel Rocco</b> (10:30–11:45 am) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Pet Therapy</b> (2:30–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Self Management for Addiction Recovery</b> (5–6 pm)</div>	<div>19</div> <div> <b>Guided Meditation with Erin</b> (2–3 pm)</div> <div> <b>Men Let's Talk</b> (6–7:30 pm)</div>	<div>20</div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Voices &amp; Visions Support Group</b> (2:30–3:30 pm) <i>VCH Three Bridges Community Mental Health Centre</i></div> <div> <b>Circle of Hope: Farsi Speaking Women's Group</b> (4–5 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div>	<div>21</div>
22	<div>23</div> <div> <b>Knitting</b> (1–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div>	<div>24</div> <div> <b>Mindful Art</b> (11 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Chronic Pain Support Group</b> (1:30–2:45 pm)</div> <div> <b>Mindfulness Meditation &amp; Movement</b> (2–3 pm) <i>Sacred Space at the HOpe Centre</i></div>	<div>25</div> <div> <b>Watercolour Painting</b> (10 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Coping With Uncertainty</b> (10 am–12 pm)</div> <div> <b>Wellness Recovery Action Plan (WRAP)</b> (10 am–12 pm) <i>HOpe Centre, Room 4</i></div> <div> <b>Qigong with Rachel Rocco</b> (10:30–11:45 am) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Pet Therapy</b> (2:30–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Self Management for Addiction Recovery</b> (5–6 pm)</div>	<div>26</div> <div> <b>Guided Meditation with Erin</b> (2–3 pm)</div> <div> <b>Men Let's Talk</b> (6–7:30 pm)</div>	<div>27</div> <div> <b>Facilitation 101</b> (10:00 am–2:00 pm) 5 Fridays: October 27–November 24</div> <div> <b>Art Therapy for Wellness</b> (11 am–1 pm)</div> <div> <b>Circle of Hope: Farsi Speaking Women's Group</b> (4–5 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div>	<div>28</div> <div> <b>Voices &amp; Visions Support Group</b> (2:30–3:30 pm)</div>
29	<div>30</div> <div> <b>Knitting</b> (1–3 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div>	<div>31</div> <div> <b>Mindful Art</b> (11 am–12 pm) <i>Kelty Dennehy Mental Health Resource Centre</i></div> <div> <b>Chronic Pain Support Group</b> (1:30–2:45 pm)</div> <div> <b>Voices &amp; Visions Support Group</b> (1:30–2:30 pm) <i>VCH Raven Song Community Health Centre</i></div> <div> <b>Mindfulness Meditation &amp; Movement</b> (2–3 pm) <i>Sacred Space at the HOpe Centre</i></div>				

### MONDAY


#### Knitting | In-Person

Mondays, October 23 & 30  
1:30–3:00 pm  
Kelty Dennehy Mental Health Resource Centre

#### Talking With Your Doctor | In-Person

Monday, October 16  
1:00–2:30 pm  
HOpe Centre, Room 4

#### Voices & Visions Support Group

**In-Person **  
Monday, October 16  
2:00–3:00 pm  
VCH South Mental Health and Substance Use Team

#### Book Club | In-Person

Monday, October 16  
3:00–4:00 pm  
Kelty Dennehy Mental Health Resource Centre  
October's book: *Ru* by Kim Thuy  
November's book: *Framed in Fire* by Iona Whishaw

### TUESDAY


#### Mindful Art | In-Person

Tuesdays  
11:00 am–12:00 pm  
Kelty Dennehy Mental Health Resource Centre


#### Chronic Pain Support Group | Online

Tuesdays  
1:30–2:45 pm

#### Voices & Visions Support Group

**In-Person **  
Tuesdays, October 3 and 17  
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


#### Watercolour Painting | In-Person

Wednesdays  
10:00 am–12:00 pm  
Kelty Dennehy Mental Health Resource Centre

#### Coping With Uncertainty | Online

4 Wednesdays, October 4–25  
10:00 am – 12:00 pm

#### Wellness Recovery Action Plan (WRAP)

**In-Person **  
8 Wednesdays, October 11–November 29  
10:00 am–12:00 pm  
HOpe Centre, Room 4

#### Qigong with Rachel Rocco | In-Person

Wednesdays  
10:30–11:45 am  
Kelty Dennehy Mental Health Resource Centre

#### Art Therapy for Wellness | Online

Wednesdays  
11:00 am–1:00 pm

#### Pet Therapy | In-Person

Wednesdays  
2:30–3:00 pm  
Kelty Dennehy Mental Health Resource Centre

#### SMART Recovery: Self Management for Addiction Recovery | Online

Wednesdays  
5:00–6:00 pm

### THURSDAY


#### 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, October 5  
6:00–7:00 pm

### FRIDAY


#### Facilitation 101 | Online

5 Fridays: October 27– November 24  
10:00 am–2:00 pm


#### Art Therapy for Wellness | Online

Fridays  
11:00 am–1:00 pm


#### Voices & Visions Support Group

**Online **  
Friday, October 6  
2:30–3:30 pm

#### Voices & Visions Support Group


**In-Person **  
Friday, October 20  
2:30–3:30 pm  
VCH Three Bridges Community Mental Health Centre

#### Circle of Hope: Farsi Speaking Women's Group

**In-Person **  
Fridays  
4:00–5:00 pm  
Kelty Dennehy Mental Health Resource Centre

### SATURDAY

#### Voices & Visions Support Group

**Online **  
Saturdays, October 14 and 28  
2:30–3:30 pm