

## MONDAY

### Knitting | In-Person

- 📅 Weekly, 1:30–3 pm
- 📍 Kelty Dennehy Mental Health Resource Centre

### Book Club | In-Person

- 📅 April 8, 3–4 pm
- 📍 Kelty Dennehy Mental Health Resource Centre
- April book: *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray
- May book: *Glass Castles* by Jennette Walls

### Talking With Your Doctor

- 📅 April 15, 1–2:30 pm

### Voices & Visions Support Group | In-Person

- 📅 April 8, 2–3 pm
- 📍 VCH South Mental Health and Substance Use Team (220–1200 W 73 Ave., Vancouver)

### SMART Recovery | In-Person

- 📅 Weekly, 3:30–4:30 pm
- 📍 VCH Robert & Lily Lee Family Community Health Centre (325–1669 E Broadway, Vancouver, meet in 3<sup>rd</sup> floor reception)

## TUESDAY

### Mindful Art | In-Person

- 📅 Weekly, 11 am–12 pm
- 📍 Kelty Dennehy Mental Health Resource Centre

### Qigong with Rachel Rocco | In-Person

- 📅 11 am–12:15 pm (last session April 2)
- 📍 Sacred Space at the HOpe Centre (1337 St Andrews Ave., North Vancouver)

### Talking With Your Doctor | In-Person

- 📅 April 9, 1:30–3 pm
- 📍 VCH Raven Song Community Health Centre (3<sup>rd</sup> floor, 2450 Ontario St., Vancouver)

### Voices & Visions Support Group | In-Person

- 📅 April 2 and 16, 1:30–2:30 pm
- 📍 VCH Raven Song Community Health Centre (3<sup>rd</sup> floor, 2450 Ontario St., Vancouver)

### SMART Recovery | In-Person

- 📅 Weekly, 3–4 pm
- 📍 VCH Three Bridges Community Health Care Centre (123–1128 Hornby St., Vancouver)

### SMART Recovery: Family & Friends | Online

- 📅 Weekly, 6–7 pm

### RC YVR Info Session | Online

- 📅 April 9, 6–6:45 pm

### SMART Recovery: Women Only | Online

- 📅 Weekly, 6:30–7:30 pm

## WEDNESDAY

### Watercolour Painting | In-Person

- 📅 Weekly, 10 am–12 pm
- 📍 Kelty Dennehy Mental Health Resource Centre

### Your Recovery Journey | In-Person

- 📅 5 Wednesdays, April 3–May 1, 1–3 pm
- 📍 VCH Three Bridges Community Health Care Centre (123–1128 Hornby St., Vancouver)

### Memory Book Workshop | In-Person

- 📅 April 17 and 24, 1–3 pm
- 📍 Kelty Dennehy Mental Health Resource Centre

### Pet Therapy | In-Person

- 📅 Weekly, 2:30–3 pm
- 📍 Kelty Dennehy Mental Health Resource Centre

### SMART Recovery | Online

- 📅 Weekly, 4–5 pm
- 📅 Weekly, 5–6 pm

### Art Therapy for Wellness | Online

- 📅 Weekly, 6–8 pm

## THURSDAY

### Wellness Recovery Action Plan (WRAP) | In-Person

- 📅 8 Thursdays, April 4–May 23, 1–3 pm
- 📍 HOpe Centre (Room 3, 1337 St Andrews Ave., North Vancouver)

### Guided Meditation with Erin | Online

- 📅 Weekly, 2–3 pm

### Bipolar Community Support Group | In-Person

- 📅 4–6 pm
- 📍 Kelty Dennehy Mental Health Resource Centre

### Men Let's Talk | Online

- 📅 April 4 and 18, 6–7 pm

### SMART Recovery | Online

- 📅 Weekly, 6–7 pm

## FRIDAY

### Art Therapy for Wellness | Online

- 📅 Weekly, 11 am–1 pm

### Plan for Wellness and Recovery (PWR) | Online

- 📅 5 Fridays, April 5–May 3, 1–3 pm

### Voices & Visions Support Group

- 📅 **Online:** April 5, 2:30–3:30 pm
- 📅 **In-person:** April 19, 2:30–3:30 pm
- 📍 VCH Three Bridges Community Mental Health Centre (123–1128 Hornby St., Vancouver)

### SMART Recovery

- 📅 **In-Person:** weekly, 6–7 pm
- 📍 VCH Three Bridges Community Health Care Centre (215–1128 Hornby St., Vancouver)

- 📅 **Online:** 6:30–8 pm

## SATURDAY

### SMART Recovery | In-Person

- 📅 Weekly, 11 am–12 pm
- 📍 VCH Three Bridges Community Health Care Centre (215–1128 Hornby St., Vancouver)

### Voices & Visions Support Group | Online

- 📅 April 13 and 27, 2:30–3:30 pm