



## Tsleil-Waututh Nation

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"Helping House"



### North Shore Mental Wellness Support Groups

Our **mental wellness team** at TWN would like to acknowledge the challenges of not being able to connect in large gatherings still, and the ongoing impacts on mental wellness from the pandemic. We encourage you to reach out to group support services (see below) that are offered on the North Shore, as shared group experiences between peers can lessen isolation, diffuse shame, and create a sense of connection.

Our plan over the coming months is to build more group programs that are tailored to community members, either virtually and/or in-person. If anyone has any ideas for groups they'd like to see us facilitate, please reach out to our Mental Wellness team lead Lara Fitzgerald at [lfitzgerald@twnation.ca](mailto:lfitzgerald@twnation.ca) or 604 354 0264.

### Canadian Mental Health Association - North Shore

<https://cmha.ca/>

<https://northwestvancouver.cmha.bc.ca/social-support-groups/>

All groups are free and open to everyone. Most groups remain online, but some groups have an in-person option and require registration. If you have any questions about joining the groups or using Zoom, please contact 778-246-6062 or [kellyhope@cmha.bc.ca](mailto:kellyhope@cmha.bc.ca)

#### Cowboy Lounge – Open Mic

Mondays 6 – 7:15 pm

<https://us06web.zoom.us/j/86024132394>

#### Circle of Hope – Farsi speaking Women's Group

Mondays 8 – 9:15 pm

<https://zoom.us/j/93427307265>



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### Chronic Pain Support Group

Tuesdays (bi-weekly) February 1 & 15, 1:30 – 2:45 pm

Email [elaina.moss@cmha.bc.ca](mailto:elaina.moss@cmha.bc.ca) to register and receive the Zoom link

### Mindfulness Meditation & Movement with Catrina/Renee

Tuesdays 2 – 3pm

<https://us06web.zoom.us/j/81599990982>

### SMART Recovery - Self Management for Addiction Recovery Drop-in Group

Wednesdays, 5 – 6pm: email [karen.hoshino@cmha.bc.ca](mailto:karen.hoshino@cmha.bc.ca) to receive the Zoom link

### WRAP® (Wellness Recovery Action Plan)

A self-designed prevention and wellness process that anyone can use to get well, stay well and make your life the way you want it to be. Register today!

Wednesdays, Feb 2 - Mar 23, 1 - 3:30 pm

Email [debbie.sesula@vch.ca](mailto:debbie.sesula@vch.ca) to register and receive the Zoom link

### Art Therapy for Wellness

Wednesdays, 11 am – 1 pm and Fridays, 1 - 3pm

Email [nmudrystudentarttherapy@protonmail.com](mailto:nmudrystudentarttherapy@protonmail.com) to register and receive the Zoom link



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### Watercolour Painting

Wednesdays, 2 – 4pm

Email [brich1@telus.net](mailto:brich1@telus.net) to register and receive the Zoom link

### Guided Meditation with Erin

Thursdays, 2 – 3pm

Join on Zoom: <https://zoom.us/j/98638405113>

### Men Let's Talk

*Returning soon!*

Email [kellyhope@cmha.bc.ca](mailto:kellyhope@cmha.bc.ca) to receive updates

## Group Programs – Family Services of the North Shore

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)

<https://www.familyservices.bc.ca/find-support/group-programs/>

Or call 604-988-5281, ext. 226

Group programs start dates are determined by enrollment numbers, so once you have been enrolled in a group, the facilitator will contact you to confirm the exact start dates.



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## Thrive Parent Support Group

A weekly free drop-in group for North Shore parents and caregivers with children from birth to six years old. Connect with other parents for conversation and support in a professionally facilitated group setting. [Click here](#) for detailed information including date and time. The Parent Support Group is currently taking place virtually.

Please [click here to download a registration form for our virtual support group](#). Once you've completed the registration form, please return to as an electronic document or as an image to [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca), please include Parent Support in the subject line.

## PROUD2BE Yourself drop-in groups for youth (virtual)

If you're aged 16-24 and identify as queer, transgender, two-spirited, and/or questioning, please join us for this free, weekly drop-in group. You'll connect with other North Shore and Metro Vancouver youth in discussions led by an experienced master's level counsellor. Share your experiences, ask questions, and explore your identity among people who are here to support you. Drop-in and join us Wednesdays, from 5:30-7:00 pm at the Family Services of the North Shore office (203-1111 Lonsdale Avenue). Take the elevator to the second floor and watch for the multicoloured heart on our glass doors. For [more details, click here](#). If you have any questions please [email us](#). We look forward to you joining us.

## February 2022 Group Topics:

**Feb 2, 2022** – Seasonal honouring and exploring creative movement. Group will take place online – call or text Maya at 236-982-9871 for zoom link.

**Feb 9, 2022** – Queer Ecology film night. Group will take place online – call or text Maya at 236-982-9871 for zoom link.

**Feb 16, 2022** – Healthy Relationships pt 1. Group will take place online – call or text Maya at 236-982-9871 for zoom link.



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**Feb 23, 2022** – Healthy Relationships pt 2. Group will take place online – call or text Maya at 236-982-9871 for zoom link.

### **PROUD2BE drop-in groups for parents (virtual)**

Join other North Shore and Metro Vancouver parents of gender-diverse youth for safe, judgment-free discussions co-facilitated by two experienced counsellors. This free, weekly virtual drop-in group is a welcoming place for you to connect, ask questions, and learn more about how to support your child. We meet via Zoom on Tuesday evenings from 6:00-8:00pm. To [learn more click here](#), and receive the virtual meeting link, please email [proud2be@familyservices.bc.ca](mailto:proud2be@familyservices.bc.ca) We look forward to you joining us.

### **Grief Support (virtual)**

If you are struggling with the loss of someone close, our free 8-week support group can guide you through the process of grieving in a safe and nurturing virtual setting, with others who have also experienced loss. Facilitated by a Registered Clinical Counsellor. This online group requires registration. [Click here for details.](#)

### **Parenting Teens Support Group (virtual)**

A monthly session for Mandarin-speaking parents to have self-reflection and share the experiences and challenges of parenting adolescents. Topics include: supporting your children's physical and mental health, family communication skills, stress and coping strategies, and tips for active listening. Thursdays, starting January 27th, from 9:30 am – 11:30 am. This online group requires registration. [Click here for details.](#)



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### Healthy Relationships (virtual)

Join this program to learn how you can create healthy relationships in your family and explore your relationship. Couples will learn how to improve their communication skills, improve communication with children, and develop and improve confidence and skills in handling conflicts. Offered in Mandarin. Thursdays, January 6 – February 10, 2022. [To learn more, click here.](#)

### Rebuilding Family Relationships Men's Group (virtual)

Our Rebuilding Family Relationships men's group can help if you are a man who has negatively affected your partner and/or young people in your life by using violence, anger, any type of abuse, or controlling behaviors. This group is for men who are committed to changing their behavior and improving their relationships. Facilitated in English/Farsi.

## Hollyburn Family Services

<https://www.hollyburn.ca/services/>

Hollyburn Family Services is a multi-service agency that has been providing support to children, youth, adults and families in the Greater Vancouver region since 1990.

Hollyburn provides a range of professional counselling services to individuals, couples and families, supports families of children with Autism Spectrum Disorder and other pervasive developmental disorders, provides residential care for children and adults with developmental disabilities and mental health challenges, and offers training and support to foster parents and extended families.