

ICMH WEEKLY CALENDAR

Monday

Body Movement
10:30 - Noon

Men's Group
1:00 - 2:30

Seniors' Coffee
1:00 - 3:00

Tuesday

Coffee & Chat
10:30 - Noon

Cooking Club
11:00 - 1:00

Art
12:30 - 3:30

Crafting & Mending
1:00 - 3:00



Mindfulness
2:00 - 3:30
May 13 - June 17

Yoga
4:00 - 5:00
Apr 29 - July 29

Wednesday

Journaling
9:30 - 10:30



Container Gardening
10:30 - Noon

CBT Skills
11:00 - 12:30
Apr 30 - June 4

Cooking Club
11:00 - 1:00



Art
12:30 - 3:30

Seniors' Coffee
1:00 - 3:00

Thursday

Games Day
10:30 - 3:00
(break for lunch 12-1)

Anxiety Group
11:00 - 12:30
May 15 - June 19

Talk and Step
2:00 - 3:00

Friday

Virtual Goal Group
9:00 - 10:00

Community Outings
10:30 - 3:00

Cooking Club
11:00 - 1:00



Art
12:30 - 3:30

Emotional Wellness
1:00 - 2:30
May 16 - June 20

Talk and Step

Join us for a leisurely walk around the Vic West Area, with a stop at a local café to enjoy a beverage and chat. Activity level is light, with a focus on movement and connection.

Mindfulness

Mindfulness helps us to bring awareness to our thoughts, feelings, and body sensations so we are better able to manage them. This 6 week registered group will include learning, practice, reflection, and discussion.

Anxiety Group

A 6 week group to explore ways to cope with anxiety. Learn skills and management tools in a supportive setting.

Yoga

Trauma informed yoga. All skill levels are welcome!

CBT Skills

This 6 week registered program provides education re: behavioural activation, thinking strategies, & lifestyle management skills.

Crafting & Mending

Whether you're a seasoned crafter or a curious beginner, our craft group offers a welcoming space for creating, learning new techniques, and connecting with one another.

Cooking Club

Learn new recipes and cooking methods, while using budget basics to create delicious, nutritious, restaurant quality meals. Follow the recipe from start to finish, enjoy a lovely lunch together, then take a portion home to enjoy later!

Art

Join us in our art studio to enjoy an inclusive environment where like-minded people can create and socialize. Supplies are on hand in a variety of mediums as well as craft supplies and colouring books.

Container Gardening

Get your hands in the dirt and enjoy container gardening in our brand new garden boxes! All skill levels encouraged!

Emotional Wellness

This 7 week group explores a variety of skills to help regulate and manage emotions. Come for all of the sessions or pick the ones that most interest you.

Journaling

Start your day with coffee and journaling in a relaxing, supportive space. A hardcover journal will be provided, as well as a variety of journaling prompts and papercraft goodies.

Men's Group

This conversational style group offers a safe environment for men to discuss a variety of topics related to men's mental health and wellbeing. Open to anyone who identifies as a man.

Body Movement

Gentle and mindful body movement for wellness and relaxation.

Community Outings

Engage in your community through a series of fun, interactive and/or educational outings. Times and locations will change; outings are chosen based on the interest of group participants.

Games Day

Come engage in puzzles, board games, video games, and more. Come for part of the day or the whole day!

Coffee & Chat

Connect with others over a good cup of coffee, snacks, and interesting conversation in our all-ages coffee group.

Virtual Goal Group

In this online 'body doubling' group, participants set an intention and complete a goal in real time with the support and companionship of the group and facilitators.

JOIN US!



To sign up or learn more, chat with any ICMH staff member - we're happy to help!