

# Group Support in Metro Vancouver

## April 2024

***Support Groups, Psycho-educational Groups and Therapeutic Groups in Metro Vancouver.***

Includes open, closed, ongoing and time-limited groups that promote mental health. Online and In-Person. Mostly public & free. Facebook groups not included. Does not include all available groups as groups change, may be under-publicized, may be part of a program intended for its registrants or are beyond the scope of this list. List updated quarterly. Changes to: [megan@willowtreecounselling.ca](mailto:megan@willowtreecounselling.ca)

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**Users of the list:** You may want to contact the organization to find out:

- ✓ Cost of the group (if applicable)
- ✓ Whether there is a waiting list, when the new group starts, or is the group still running?
- ✓ Whether registration is required
- ✓ Is it an ongoing group where you can come and go or is closed to registered members?
- ✓ Is the group online or in-person? What is the location?
- ✓ Is the group peer-led or professionally-led?
- ✓ What is the group's function: Support? Educational? Therapy/therapeutic?

**This directory is best viewed online on a desktop or laptop. If you must print, please print only the section(s) you need.**

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***Inclusion of these groups does not indicate an endorsement of them or an affiliation with Willow Tree Counselling; it is up to you to determine if the group is right for you and is offered by individuals whom you believe are qualified and trustworthy. I also reserve the right to omit, decline or de-list groups at any time.***

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## Addictions (Behavioural) - See also "Substance Use," below

Organization	Group Name	Webpage	Location	Notes
Debtors Anonymous	Support Group	<a href="http://debtorsanonymous.org/meeting-search-f2f/?_nonce=6839551486600771b4fcf71.42682951&amp;searchType=&amp;first=N&amp;gn=&amp;gt=&amp;ct=Vancouver&amp;cn=CAN&amp;md=&amp;search=search">debtorsanonymous.org/meeting-search-f2f/?_nonce=6839551486600771b4fcf71.42682951&amp;searchType=&amp;first=N&amp;gn=&amp;gt=&amp;ct=Vancouver&amp;cn=CAN&amp;md=&amp;search=search</a>	Vancouver & Online	
Gamblers Anonymous	Support Group	<a href="http://gabc.ca/meetings">gabc.ca/meetings</a>	Various & Online	
Gam-Anon	Support Group	<a href="http://gam-anon.org/meeting-directory/canada-meetings">gam-anon.org/meeting-directory/canada-meetings</a>	Surrey & Online	Loved ones of gamblers
Gambling Support BC	Discovery Program	<a href="http://gamblingsupportbc.ca/support/services">gamblingsupportbc.ca/support/services</a>	enquire	
Gaming Addicts Anonymous	Support Group	<a href="http://gamingaddictsanonymous.org/online-meetings/">gamingaddictsanonymous.org/online-meetings/</a>	Online	
Internet & Technology Addicts Anonymous	Support Group	<a href="http://internetaddictsanonymous.org/online-meetings/">internetaddictsanonymous.org/online-meetings/</a>	Online	
Sex Addicts Anonymous	Support Group	<a href="http://saavancouver.org/find-a-meeting/">saavancouver.org/find-a-meeting/</a>	Various & Online	
Sex & Love Addicts Anonymous	Support Group	<a href="http://slaafws.org/meetings/">slaafws.org/meetings/</a>	Various & Online	

## Anger Management

Organization	Group Name	Webpage	Location	Notes
Ann Davis Transition Society	Women's Self Management of Anger	<a href="http://anndavis.org/programs-groups/">anndavis.org/programs-groups/</a>	Inquire	Women only \$25
Ann Davis Transition Society	Men's Self Management of Anger	<a href="http://anndavis.org/programs-groups/">anndavis.org/programs-groups/</a>	Online	Men only \$50
Chimo Services Society	Children Count Too: Children's Anger Management Group	<a href="http://chimoservices.com/counselling/children-count-too-childrens-anger-management-group/">chimoservices.com/counselling/children-count-too-childrens-anger-management-group/</a>	Richmond	Richmond children only
Deaf Wellbeing Program	Anger Management Group	<a href="http://deafwellbeing.vch.ca/services/community-support/">deafwellbeing.vch.ca/services/community-support/</a>	Enquire	Deaf Hard of Hearing
Mosaic	Anger Management Care Program	<a href="http://mosaicbc.org/our-programs/wellness-workshops-for-men/">mosaicbc.org/our-programs/wellness-workshops-for-men/</a>	Enquire	Men

# BIPOC

Organization	Group Name	Webpage	Location	Notes
Battered Women's Support Services	Indigenous Women's Program (various groups)	<a href="http://bwss.org/support/programs/indigenous-womens-programs/">bwss.org/support/programs/indigenous-womens-programs/</a>	Vancouver	
Body Peace Canada/ Eating Disorder NS	BIPOC Peer Support Group	<a href="http://eatingdisordersns.ca/peer-support-programs">eatingdisordersns.ca/peer-support-programs</a>	Online	Check for availability
Dude's Club	Community for Men's Wellness	<a href="http://dudesclub.ca">dudesclub.ca</a>	Across BC	
Pain BC	BIPOC Group	<a href="http://painbc.ca/find-help/support-programs/pain-support-wellness-groups">painbc.ca/find-help/support-programs/pain-support-wellness-groups</a>	Online	
Qmunity	Queer Love in Colour	<a href="http://qmunity.ca/groups/">qmunity.ca/groups/</a>	Vancouver & Online	
Salal Sexual Violence Support Centre	BIPOC Yoga Group	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Inquire	Survivors of Sexualized Violence
Sher Vancouver	Queer in colour drop in support group and others	<a href="http://shervancouver.com/support-groups">shervancouver.com/support-groups</a>	Surrey	
Spirit of the Children Society	Family Drop In 0-6 (Hulu)	<a href="http://sotcs.ca/children/">sotcs.ca/children/</a>	Port Coquitlam New West	Traditional Indigenous teachings
Spirit of the Children Society	FASD Parent Support Group	<a href="http://sotcs.ca/children/">sotcs.ca/children/</a>	Enquire	Indigenous Children w/FASD
Spirit of the Children Society	Tweenies Group	<a href="http://sotcs.ca/youth/">sotcs.ca/youth/</a>	Port Coquitlam	Indigenous youth
Spirit of the Children Society	Drum Group	<a href="http://sotcs.ca/adults-and-families/">sotcs.ca/adults-and-families/</a>	New West Burnaby Trinities	Indigenous families
Spirit of the Children Society	Men's Support Circle	<a href="http://sotcs.ca/adults-and-families/">sotcs.ca/adults-and-families/</a>	Online	Indigenous
Spirit of the Children Society	Women's Support Circle	<a href="http://sotcs.ca/adults-and-families/">sotcs.ca/adults-and-families/</a>	Online	Indigenous
Success	Nobody's Perfect Parenting Program	<a href="http://successbc.ca/earlyyears/services/parent-support-groups/">successbc.ca/earlyyears/services/parent-support-groups/</a>	Various	Mandarin Cantonese Korean Farsi
Success	Parent Support Groups/ Support Circles	<a href="http://successbc.ca/earlyyears/services/parent-support-groups/">successbc.ca/earlyyears/services/parent-support-groups/</a>	Various	Mandarin Cantonese Korean Farsi
Urban Native Youth Association	2-Spirit Collective	<a href="http://unya.bc.ca/programs/2-spirit-collective/">unya.bc.ca/programs/2-spirit-collective/</a>	Vancouver	

## Caregiver Support - See also "Health Conditions" for other caregiver support options

Organization	Group Name	Webpage	Location	Notes
Alzheimer's Society of BC	Caregiver Support Groups	<a href="http://alzheimer.ca/bc/en/help-support/programs-services/support-groups">alzheimer.ca/bc/en/help-support/programs-services/support-groups</a>	Online and in-person (inquire)	
BC Cancer Agency	Various Support Groups	<a href="http://bccancer.bc.ca/our-services/services/support-programs">bccancer.bc.ca/our-services/services/support-programs</a>	Online Vancouver Surrey	All ages groups
BC Schizophrenia Society	Family Support Groups	<a href="http://bcss.org/support/bcss-programs/family-support-groups/">bcss.org/support/bcss-programs/family-support-groups/</a>	Various & Online	
Brella Community Services Society	Caregiver Support Groups	<a href="http://brellasociety.ca/caregiver-support">brellasociety.ca/caregiver-support</a>	Surrey & Online	
Emotions BC	Skills and Support Group	<a href="http://emotionsbc.ca/groups-programs/">emotionsbc.ca/groups-programs/</a>	Langley & Online	Mental health caregivers
Family Caregivers of BC	Various groups including: Caregivers Connect Adults Providing Elder Care	<a href="http://familycaregiversbc.ca/family-caregiver-support-groups">familycaregiversbc.ca/family-caregiver-support-groups</a>	Online	
Vancouver Coastal Health	Family Connections Support Group	<a href="http://spotlightonmentalhealth.com/family-involvement/family-connections-support-group/">spotlightonmentalhealth.com/family-involvement/family-connections-support-group/</a>	Online	Mental health & substance use caregivers
HOpE Centre	Family Support and Education Group	<a href="http://vch.ca/en/location-service/family-support-hope-centre">vch.ca/en/location-service/family-support-hope-centre</a>	North Vancouver	mental health caregivers, North Shore
Family Services North Shore	Proud2Be Drop In: Parents With Gender Diverse Children	<a href="http://familyservices.bc.ca/find-support/lgbtq2s-support/">familyservices.bc.ca/find-support/lgbtq2s-support/</a>	North Vancouver & Online	
North Shore Community Resources	Caregiver Support Program	<a href="https://seniors.nscr.ca/caregiver-support-program/">https://seniors.nscr.ca/caregiver-support-program/</a>	North Vancouver & Online	
Pathways Serious Mental Illness Society	Family and Friends Support Group	<a href="https://pathwayssmi.org/weekly-support-groups/">https://pathwayssmi.org/weekly-support-groups/</a>	Online	Weekly meetings
Qmunity	Parents of Trans Kids	<a href="http://qmunity.ca/groups/">qmunity.ca/groups/</a>	Online	
South Vancouver Neighbourhood House	Family and Friends Caregiver Support	<a href="https://www.southvan.org/program_category/older-adults-and-seniors-programs/">https://www.southvan.org/program_category/older-adults-and-seniors-programs/</a> (scroll for details)	Vancouver	English Mandarin Cantonese

## Co-Dependency - See also family support listings under “Substance Use”

Organization	Group Name	Webpage	Location	Notes
Co-Dependents Anonymous	Support groups	<a href="http://codacanada.ca/?tsml-day=any&amp;tsml-region=bc&amp;post_type=tsml_meeting">codacanada.ca/?tsml-day=any&amp;tsml-region=bc&amp;post_type=tsml_meeting</a>	Various & Online	
Co-Dependents of Sex Addicts	Support groups	<a href="http://cosa-recovery.org/meetings/locations/local-meetings-in-canada/">cosa-recovery.org/meetings/locations/local-meetings-in-canada/</a>	Various & Online	
Emotions Anonymous	Support groups	<a href="http://emotionsanonymous.org/find-an-ea-meeting/international-database/search-tool.html">emotionsanonymous.org/find-an-ea-meeting/international-database/search-tool.html</a>	Vancouver & Online	

## Disability Support - See also *“Health Conditions”*

Organization	Group Name	Webpage	Location	Notes
Autism BC	Community Support Groups (various)	<a href="https://autismbc.ca/programs/connection/support-groups/">autismbc.ca/programs/connection/support-groups/</a>	Online	Autistic youth, children, adults Caregivers
Canadian Hard of Hearing Association	Sound Advice Meetings	<a href="https://chha-nsb.com/meetings-events/sound-advice-workshops/">chha-nsb.com/meetings-events/sound-advice-workshops/</a>	North Shore & Online	
Canadian Hard of Hearing Association	Young Adults' network	<a href="https://chha.ca/yan/">chha.ca/yan/</a>	Enquire	
Centre for ADHD Awareness	Adult and Parent Support Groups	<a href="https://caddac.ca/programs-and-events/#support-groups">caddac.ca/programs-and-events/#support-groups</a>	Online	
CNIB	Various peer support groups	<a href="https://cnib.ca/en/programs-and-services/live/peer-support-programs?region=bc&amp;page=0">cnib.ca/en/programs-and-services/live/peer-support-programs?region=bc&amp;page=0</a>	Various & Online	Blind and low-sight
Deaf Wellbeing Program, VCH	CBT, DBT, anger management, parenting	<a href="https://deafwellbeing.vch.ca/services/community-support/">deafwellbeing.vch.ca/services/community-support/</a>	Enquire	Deaf Hard of Hearing
Developmental Disabilities Association	Child and Adult Programs Family Support Groups	<a href="https://develop.bc.ca/programs">develop.bc.ca/programs</a>	Enquire	
Live Education Transform Society	Chronically Queer	<a href="https://connectwithlets.org/chronically-queer/">connectwithlets.org/chronically-queer/</a>	Burnaby & Online	LGBTQ+ and disabled
Lower Mainland Down Syndrome Society	Kids', youth, adult and parenting networking groups	<a href="https://lmdss.com/fun-for-families/group/">lmdss.com/fun-for-families/group/</a>	Various	
MindSpace: Skills For Wellbeing	Skills for Success: ADHD Strategies for Adults group	<a href="https://mind-space.ca/skills-for-success-adhd-strategies-for-adults/">mind-space.ca/skills-for-success-adhd-strategies-for-adults/</a>	Online	Free with referral from primary care practitioner
Parent Support Services Society of BC	Parenting Children With ADHD Group	<a href="https://www.parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">https://www.parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	
Spinal Cord Injury BC	Peer Program Support groups and more	<a href="https://sci-bc.ca/peer-program/">sci-bc.ca/peer-program/</a>	Various & Online	
Qmunity	Autistic Queer Peers	<a href="https://qmunity.ca/groups/">qmunity.ca/groups/</a>	Online	
YWCA	Fetal Alcohol Spectrum Disorder Support Group	<a href="https://ywcavan.org/programs/crabtree-corner/resources-families-FASD">ywcavan.org/programs/crabtree-corner/resources-families-FASD</a>	Enquire	

# Eating Disorders

Organization	Group Name	Webpage	Location	Notes
Body Peace Canada	National eating disorder recovery program with multiple support groups	<a href="http://bodypeacecanada.ca/">bodypeacecanada.ca/</a>	Online	
Looking Glass Foundation	Online Peer Support Chats	<a href="http://lookingglassbc.com/programs/online-peer-support-chats/">lookingglassbc.com/programs/online-peer-support-chats/</a>	Online	
VCH Eating Disorders Program	Family and Friends Support Group	Contact Colleen at 604-675-2531	Inquire	
Eating Disorders Nova Scotia/Body Peace Canada	Family and Friends Support Group	<a href="http://eatingdisordersns.ca/peer-support-programs">eatingdisordersns.ca/peer-support-programs</a>	Online	Anyone in Canada
Eating Disorders Nova Scotia/Body Peace Canada	Multiple Support groups	<a href="http://eatingdisordersns.ca/peer-support-programs">eatingdisordersns.ca/peer-support-programs</a>	Online	Anyone in Canada

# Grief and Loss

Organization	Group Name	Webpage	Location	Notes
BC Bereavement Helpline	Pet Loss Peer Support Group	<a href="http://bcbh.ca/grief-support/pet-loss-support/">bcbh.ca/grief-support/pet-loss-support/</a>	Online	
BC Bereavement Helpline	Suicide Grief Support Groups	<a href="http://bcbh.ca/grief-support/suicide-grief-support/">bcbh.ca/grief-support/suicide-grief-support/</a>	Inquire & Online	
BC Victims of Homicide	Homicide support groups	<a href="http://bcbh.ca/grief-support/homicide-grief-support/">bcbh.ca/grief-support/homicide-grief-support/</a>	Surrey & Online	
Burnaby Hospice Society	Spousal Loss Grief Support Group	<a href="http://bcbh.ca/groupsandevents/">bcbh.ca/groupsandevents/</a>	Burnaby	
Compassionate Friends of Canada	Support groups	<a href="http://tcfcanada.net/chapters/british-columbia/">tcfcanada.net/chapters/british-columbia/</a>	Various	Child loss
The Guinnevere Project	Sudden Death and Diversity Peer Group	<a href="http://guinnevereproject.com/services/">guinnevereproject.com/services/</a>	Online	
Living Through Loss Counselling Society of BC	Grief and loss support groups (various)	<a href="http://livingthroughloss.ca/support-groups/">livingthroughloss.ca/support-groups/</a>	Online	\$260 fee
Lower Mainland Grief Recovery Society	Grief Support Group Programs	<a href="http://lmgr.ca/support-groups/">lmgr.ca/support-groups/</a>	Vancouver	\$200 fee
Lumara Society	Circles of Strength Bereavement Support Groups	<a href="http://lumarasociety.org/circles-of-strength/">lumarasociety.org/circles-of-strength/</a>	Enquire	
Moms Stop the Harm	Healing Hearts Bereavement Support Group	<a href="http://healingheartscanada.org/find-a-group#britishcolumbia">healingheartscanada.org/find-a-group#britishcolumbia</a>	Various & Online	Loss related to substance use harm
Mood Disorders Association	Grief and Loss Peer Support Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Online	
Valley View Funeral Home	Spousal Loss Grief Support Group	<a href="http://bcbh.ca/groupsandevents/">bcbh.ca/groupsandevents/</a>	Surrey	
Valley View Funeral Home	Loss Due to Substance Use Grief Support Group	<a href="http://bcbh.ca/groupsandevents/">bcbh.ca/groupsandevents/</a>	Surrey	
Vancouver Hospice Society	Multiple themed grief support groups	<a href="http://vancouverhospice.org/services/grief-support/bereavement-support-groups/">vancouverhospice.org/services/grief-support/bereavement-support-groups/</a>	Inquire	



# Health Conditions

Organization	Group Name	Webpage	Location	Notes
Adult Cognitive Wellness Centre	Caregiver Support Program	<a href="http://adultcognitivewellnesscentre.ca/events/caregiver-support-program-2022-10-31/">adultcognitivewellnesscentre.ca/events/caregiver-support-program-2022-10-31/</a>	Online	Dementia support
After Stroke BC	Virtual programs	<a href="http://strokerecoverybc.ca/virtual-programs/">strokerecoverybc.ca/virtual-programs/</a>	Online	
ALS Society of BC	ALS Monthly Support Groups Caregiver Support Groups	<a href="http://alsbc.ca/programs-services/support-groups/">alsbc.ca/programs-services/support-groups/</a>	Online	
Alzheimer's Society of BC	Early Stage Dementia Support Group	<a href="http://alzheimer.ca/bc/en/help-support/programs-services/support-groups">alzheimer.ca/bc/en/help-support/programs-services/support-groups</a>	Various & Online	
Arthritis Society Canada	Arthritis Connections: Peer Support	<a href="http://arthritis.ca/support-education/support-in-your-community/arthritis-connections">arthritis.ca/support-education/support-in-your-community/arthritis-connections</a>	Online	
BC Celiac Association	Support groups	<a href="http://bcceliac.ca/support-groups.html">bcceliac.ca/support-groups.html</a>	Various & Online	
BC Epilepsy Society	Peer Support Groups	<a href="http://bcepilepsy.com/programs/connecting-with-others/">bcepilepsy.com/programs/connecting-with-others/</a>	Online	Youth, adults, families
BC Lung Foundation	Better Breathers Club Asthma and COPD	<a href="http://bclung.ca/peer-support">bclung.ca/peer-support</a>	Vancouver Abbotsford Online	
BC Lupus Society	Support groups	<a href="http://bclupus.org/resources-support-group">bclupus.org/resources-support-group</a>	Online	
BC Lymphedema Association	Support Groups	<a href="http://bclymph.org/page-1834027">bclymph.org/page-1834027</a>	Enquire	
Brainstreams	Brain Tumour Support Group	<a href="http://brainstreams.ca/resources/support-groups/brain-tumour-support-group-vancouver/">brainstreams.ca/resources/support-groups/brain-tumour-support-group-vancouver/</a>	Vancouver	
Brainstreams	Vancouver Brain Injury Support Group	<a href="http://brainstreams.ca/resources/support-groups/vch-gf-strong-vancouver-brain-injury-survivors-support-group/">brainstreams.ca/resources/support-groups/vch-gf-strong-vancouver-brain-injury-survivors-support-group/</a>	Vancouver	
Callanish Society	Support circles	<a href="http://callanish.org/ongoing-programs">callanish.org/ongoing-programs</a>	Vancouver & Online	Cancer support
Canadian Cancer Society	Cancer Connection	<a href="http://cancerconnection.ca/s/group/CollaborationGroup/Default">cancerconnection.ca/s/group/CollaborationGroup/Default</a>		
Centre for Epilepsy & Seizure Education	Epilepsy Connect Support Group	<a href="http://esebc.org/epilepsy-connect-support-group/">esebc.org/epilepsy-connect-support-group/</a>	Online	
Cerebral Palsy Association of BC	CP Connections Support Group	<a href="http://bccerebralpalsy.com/programs/cp-connections/">bccerebralpalsy.com/programs/cp-connections/</a>	Online	For youth and adults
Cron's and Colitis Canada	Peer Support Groups	<a href="http://crohnsandcolitis.ca/Support-for-You/Gutsy-support">crohnsandcolitis.ca/Support-for-You/Gutsy-support</a>	Online	Individuals & Caregivers
Ehler's Danlos Society	Virtual Support Groups	<a href="http://ehlers-danlos.com/virtual-support/">ehlers-danlos.com/virtual-support/</a>	Online	
The Endometriosis Network Canada	Virtual Support Groups	<a href="http://endometriosisnetwork.com/virtual-support-groups/">endometriosisnetwork.com/virtual-support-groups/</a>	Online	

Organization	Group Name	Webpage	Location	Notes
GI Society	Inflammatory Bowel Disease & Irritable Bowel Syndrome Groups	<a href="http://badgut.org/events/support-groups/#loc">badgut.org/events/support-groups/#loc</a>	Online	Chron's, IBS, colitis, proctitis, GERD, diverticulitis, ulcer disease
Inspirre Health	Classes and programs	<a href="http://inspirehealth.ca/programs-services/classes-programs/">inspirehealth.ca/programs-services/classes-programs/</a>	Online	Cancer support
Kidney Foundation	Kidney Connect - many groups	<a href="http://kidney.ca/Support/Peer-Support/Support-Engagement-Groups#">kidney.ca/Support/Peer-Support/Support-Engagement-Groups#</a>	Phone or Online	Individuals & Caregivers
ME/FM Society of Canada	Professionally-led Support Groups (various)	<a href="http://mefm.bc.ca/support-groups">mefm.bc.ca/support-groups</a>	Online	ME, fibromyalgia & long covid
MS Canada	Support groups (various)	<a href="http://mscanada.ca/ms-support-groups?field_primary_attendees=All&amp;field_attend_type=All&amp;field_region=132&amp;keywords=">mscanada.ca/ms-support-groups?field_primary_attendees=All&amp;field_attend_type=All&amp;field_region=132&amp;keywords=</a>	Various & Online	
Osteoporosis Canada	Support groups - various	<a href="http://osteoporosis.ca/support-groups/">osteoporosis.ca/support-groups/</a>	Enquire	
Pain BC	Pain Support and Wellness Groups (multiple)	<a href="http://painbc.ca/find-help/support-programs/pain-support-wellness-groups">painbc.ca/find-help/support-programs/pain-support-wellness-groups</a>	Online	
Pancreatic Cancer Society	Peers with Pancreatic Cancer Support4Caregivers	<a href="http://craigscouse.ca/support">craigscouse.ca/support</a>	Online	
Parkinson Society of BC	Support Groups	<a href="http://parkinson.bc.ca/resources-services/support-groups/">parkinson.bc.ca/resources-services/support-groups/</a>	Various & Online	
Scleroderma Association of BC	Virtual Support Meetings	<a href="http://sclerodermabc.ca/events/virtual-support-meetings-come-zoom-with-us/">sclerodermabc.ca/events/virtual-support-meetings-come-zoom-with-us/</a>	Online	Individuals Families
Self-Management BC	Chronic Pain Self-Management Program	<a href="http://selfmanagementbc.ca/upcomingworkshops?type=1&amp;delivery=0">selfmanagementbc.ca/upcomingworkshops?type=1&amp;delivery=0</a>	Various & Online	
Self-Management BC	Cancer: Surviving and Thriving	<a href="http://selfmanagementbc.ca/upcomingworkshops?type=4&amp;delivery=0">selfmanagementbc.ca/upcomingworkshops?type=4&amp;delivery=0</a>	Various & Online	
Self-Management BC	Chronic Conditions Self-Management Program	<a href="http://selfmanagementbc.ca/upcomingworkshops?type=2&amp;delivery=0">selfmanagementbc.ca/upcomingworkshops?type=2&amp;delivery=0</a>	Various & Online	
Self-Management BC	Better Choices, Better Health Online	<a href="http://selfmanagementbc.ca/betterchoicesbetterhealthonline">selfmanagementbc.ca/betterchoicesbetterhealthonline</a>	Online	
Stroke Recovery Association of BC	Young Stroke Survivors Support Group	<a href="http://brainstreams.ca/resources/support-groups/young-survivors-support-group/">brainstreams.ca/resources/support-groups/young-survivors-support-group/</a>	Online	
Vancouver Brain Injury Association	Support Group	<a href="http://brainstreams.ca/resources/brain-injury-organizations/vancouver-brain-injury-association/">brainstreams.ca/resources/brain-injury-organizations/vancouver-brain-injury-association/</a>	North Vancouver	
Wellspring Cancer Support	Group Programs	<a href="http://portal.wellspring.ca">portal.wellspring.ca</a>	Online	
Young Adult Cancer Canada	YACC Chats	<a href="http://youngadultcancer.ca/program/yacc-web-chats/">youngadultcancer.ca/program/yacc-web-chats/</a>	Online	

# LGBTQ+

Organization	Group Names	Webpage	Location	Notes
Body Peace Canada/Eating Disorders NS	Trans + Peer Support Group	<a href="http://eatingdisordersns.ca/peer-support-programs">eatingdisordersns.ca/peer-support-programs</a>	Online	Check for availability
Family Services North Shore	Proud2Be Yourself Group for Youth	<a href="http://familyservices.bc.ca/find-support/lgbtq2s-support/">familyservices.bc.ca/find-support/lgbtq2s-support/</a>	North Vancouver & Online	
Family Services North Shore	Proud2Be Drop In: Parents With Gender Diverse Children	<a href="http://familyservices.bc.ca/find-support/lgbtq2s-support/">familyservices.bc.ca/find-support/lgbtq2s-support/</a>	Online	
Fraser Valley Youth Society	Drop In	<a href="http://fvys.ca/programs/drop-ins/">fvys.ca/programs/drop-ins/</a>	Abbotsford	
Health Initiative for Men (HIM)	Group counselling PnP and Me	<a href="http://checkhimout.ca/pnp-and-me/">checkhimout.ca/pnp-and-me/</a>	Vancouver	
Langley Children/Foundary	Friends of Dorothy	<a href="http://langleychildren.com/service-types/friends-of-dorothy/">langleychildren.com/service-types/friends-of-dorothy/</a>	Langley	Youth
Live Education Transform Society	Chronically Queer	<a href="http://connectwithlets.org/chronically-queer/">connectwithlets.org/chronically-queer/</a>	Burnaby & Online	LGBTQ+ & disabled
Mosaic	I Belong Peer Cafe	<a href="http://mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/">mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/</a>	Vancouver	
Mosaic	Beyond Borders and Binaries	<a href="http://mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/">mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/</a>	Vancouver	
Pacific Postpartum Support Society	Two-Spirit, Queer and Trans Postpartum Support Group	<a href="http://postpartum.org/2021/05/postpartum-support-for-2slgbtqia-families/">postpartum.org/2021/05/postpartum-support-for-2slgbtqia-families/</a>	Inquire	
Pain BC	LGBTQS+ Group	<a href="https://painbc.ca/find-help/support-programs/pain-support-wellness-groups">https://painbc.ca/find-help/support-programs/pain-support-wellness-groups</a>	Online	
Plea	Gen-Out	<a href="http://plea.ca/drop-in/gen-out/">plea.ca/drop-in/gen-out/</a>	Maple Ridge; Tri-Cities	Youth
PFLAG	Support Group	<a href="http://pflagvancouver.com/">pflagvancouver.com/</a>	Vancouver, Fr. Valley & Online	
Sher Vancouver	Queer in Colour support group & other groups	<a href="http://shervancouver.com/support-groups">shervancouver.com/support-groups</a>	Surrey	
Qmunity	Indigo Survivors Support group	<a href="http://qmunity.ca/get-support/olderadults/">qmunity.ca/get-support/olderadults/</a>	Enquire	Seniors Counsellor-led
Qmunity	Latidos Latines	<a href="http://qmunity.ca/social-groups/latidos-latines/">qmunity.ca/social-groups/latidos-latines/</a>	Vancouver & Online	Spanish Social
Qmunity	Dear John, I Love Jane	<a href="http://qmunity.ca/social-groups/dear-john-i-love-jane/">qmunity.ca/social-groups/dear-john-i-love-jane/</a>	Online	Questioning women
Qmunity	Authentically "Other"	<a href="https://qmunity.ca/social-groups/dear-john-i-love-jane/">https://qmunity.ca/social-groups/dear-john-i-love-jane/</a>	Online	Genderqueer & "other" identities
Qmunity	Parents of Trans Kids	<a href="http://qmunity.ca/social-groups/parents-of-trans-kids/">qmunity.ca/social-groups/parents-of-trans-kids/</a>	Online	

Organization	Group Names	Webpage	Location	Notes
Qmunity	Autistic Queer Peers	<a href="http://qmunity.ca/social-groups/autistic-queer-peers/">qmunity.ca/social-groups/autistic-queer-peers/</a>	Online	
Qmunity	Gloriously Queer	<a href="http://qmunity.ca/social-groups/gloriously-queer/">qmunity.ca/social-groups/gloriously-queer/</a>	Online	
Qmunity	Asexual & Aromantic Social and Support Group	<a href="http://qmunity.ca/social-groups/vancouverites-asexual-aromantic-social-support-group-2/">qmunity.ca/social-groups/vancouverites-asexual-aromantic-social-support-group-2/</a>	Online	Aces & Aros
Qmunity	Transgathering	<a href="https://qmunity.ca/social-groups/transgathering/">https://qmunity.ca/social-groups/transgathering/</a>	Online	
Qmunity	Transgathering Medical	<a href="http://qmunity.ca/social-groups/trans-medical-support-group/">qmunity.ca/social-groups/trans-medical-support-group/</a>	Online	
Qmunity	Trans + Loved Ones	<a href="http://qmunity.ca/social-groups/trans-loved-ones/">qmunity.ca/social-groups/trans-loved-ones/</a>	Online	
Qmunity	Queer Love x : Non-Monogamy Peer Support	<a href="http://qmunity.ca/social-groups/non-monogamy-group/">qmunity.ca/social-groups/non-monogamy-group/</a>	Online	
Qmunity	Bi-Focus	<a href="http://qmunity.ca/social-groups/bifocus/">qmunity.ca/social-groups/bifocus/</a>	Online & Vancouver	
Qmunity	Qmunity Gathers (55+)	<a href="http://qmunity.ca/get-support/olderadults/">qmunity.ca/get-support/olderadults/</a>	Online & Vancouver	
Qmunity	Gab Youth	<a href="http://qmunity.ca/get-support/youth/">qmunity.ca/get-support/youth/</a>	Vancouver & Online	
Qmunity	Methbusters	<a href="https://www.crystalmeth.org/meetings/methbusters/?tsml-day=3&amp;tsml-region=british-columbia">https://www.crystalmeth.org/meetings/methbusters/?tsml-day=3&amp;tsml-region=british-columbia</a>	Vancouver	Crystal Meth Anonymous
UBC Pride Collective	Multiple LGBTQ+ discussion groups for the UBC Community	<a href="http://prideubc.com/discussion-groups">prideubc.com/discussion-groups</a>	Vancouver (UBC)	students faculty staff
Urban Native Youth Association	2-Spirit Collective	<a href="http://unya.bc.ca/programs/2-spirit-collective/">unya.bc.ca/programs/2-spirit-collective/</a>	Vancouver	
The Youth Space	Rainbow Connection	<a href="http://theyouthspace.com/rainbow-connection">theyouthspace.com/rainbow-connection</a>	Surrey/ WhiteRock	Surrey/ WhiteRock

# Mental Health

Organization	Group Name	Webpage	Location	Notes
Ann Davis Transition Society	Anti-violence groups for women, men and couples. Check availability (rotating)	<a href="http://anndavis.org/programs-groups/">anndavis.org/programs-groups/</a>	Fraser Valley Some online, but inquire	
Anxiety Canada	Mind Shift CBT Groups	<a href="http://anxietycanada.com/mindshift-groups/">anxietycanada.com/mindshift-groups/</a>	Online	Enquire about fee
BC Schizophrenia Society	Family Support Groups	<a href="http://bcss.org/support/bcss-programs/family-support-groups/">bcss.org/support/bcss-programs/family-support-groups/</a>	Various & Online	
Borderline Personality Society of BC	BPD Peer Support Group	<a href="http://bpdbc.ca/our-services">bpdbc.ca/our-services</a>	Vancouver, New West & Online	People with BPD and their loved ones
Canadian Mental Health Association	OCD Wellness Group OCD Young Adults Group	<a href="http://vancouver-fraser.cmha.bc.ca/programs/counseling-and-adult-support-groups/">vancouver-fraser.cmha.bc.ca/programs/counseling-and-adult-support-groups/</a>	Online	
Canadian Mental Health Association	Mindfulness Matters	<a href="http://vancouver-fraser.cmha.bc.ca/programs/counseling-and-adult-support-groups/">vancouver-fraser.cmha.bc.ca/programs/counseling-and-adult-support-groups/</a>		
Mindspace: Skills for Wellbeing	CBT Skills Foundations CBT Skills Building Blocks Booster Groups	<a href="http://cbtskills.ca/what-we-offer/">cbtskills.ca/what-we-offer/</a>	Online	Free with referral from primary care provider
Mindspace: Skills for Wellbeing	CBT for Insomnia (CBT-I)	<a href="http://cbtskills.ca/what-we-offer/">cbtskills.ca/what-we-offer/</a>	Online	Free with referral from primary care provider
Mindspace: Skills for Wellbeing	Mindfulness Group	<a href="http://cbtskills.ca/what-we-offer/">cbtskills.ca/what-we-offer/</a>	Online	Free with referral from primary care provider
Mood Disorders Association of BC	Community Support Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Various and Online	
Mood Disorders Association of BC	PTSD Support Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Vancouver & Online	
Mood Disorders Association of BC	Self-Compassion Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Online	
Mood Disorders Association of BC	Faith-Based Support Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Burnaby, Abbotsford & Online	
Mood Disorders Association of BC	Mindfulness Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Online	
Mood Disorders Association of BC	Family & Friends of People with Bipolar Disorder	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Online	
Mood Disorders Association of BC	Bipolar Support Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Online	
Mood Disorders Association of BC	Wellbeing Meetup Recreation Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Vancouver	
Mood Disorders Association of BC	The Dopers Group I & II	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Surrey & Langley	

Organization	Group Name	Webpage	Location	Notes
Parent Support Services Society of BC	Parenting Anxiety/ Depression	<a href="https://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	
Pacific Postpartum Support Society	Two-Spirit, Queer and Trans Postpartum Support Group	<a href="https://postpartum.org/2021/05/postpartum-support-for-2slgbtqia-families/">postpartum.org/2021/05/postpartum-support-for-2slgbtqia-families/</a>	Inquire	
Pacific Postpartum Support Society	Postpartum Support Group	<a href="https://postpartum.org/services/support-groups/">postpartum.org/services/support-groups/</a>	Various & Online	
Pathways Serious Mental Illness Society	Family and Friends Support Group	<a href="https://pathwayssmi.org/weekly-support-groups/">pathwayssmi.org/weekly-support-groups/</a>	Online	
Recovery College YVR	Voices and Visions Support Group	<a href="https://recoverycollegeyvr.ca/course/voices-visions-virtual/">recoverycollegeyvr.ca/course/voices-visions-virtual/</a>	Online	Individuals & Supporters
Recovery College YVR	Art Therapy For Wellness	<a href="https://recoverycollegeyvr.ca/course/art-therapy-for-wellness/">recoverycollegeyvr.ca/course/art-therapy-for-wellness/</a>	Online	
Recovery College YVR	Bipolar Community Support Group	<a href="https://recoverycollegeyvr.ca/course/bipolar-support-group/">recoverycollegeyvr.ca/course/bipolar-support-group/</a>	North Vancouver	
Recovery College YVR	Coping With Uncertainty	<a href="https://recoverycollegeyvr.ca/course/coping-with-uncertainty/">recoverycollegeyvr.ca/course/coping-with-uncertainty/</a>	Online	
Recovery College YVR	Men, Let's Talk	<a href="https://recoverycollegeyvr.ca/course/men-lets-talk/">recoverycollegeyvr.ca/course/men-lets-talk/</a>	Online	Mental health
Recovery College YVR	Pet therapy	<a href="https://recoverycollegeyvr.ca/course/pet-therapy/">recoverycollegeyvr.ca/course/pet-therapy/</a>	North Vancouver	
Recovery College YVR	Plan for Wellness & Recovery	<a href="https://recoverycollegeyvr.ca/course/pwr-virtual/">recoverycollegeyvr.ca/course/pwr-virtual/</a>	Online	
Recovery College YVR	Wellness Recovery Action Plan	<a href="https://recoverycollegeyvr.ca/course/wellness-recovery-action-plan-wrap/">recoverycollegeyvr.ca/course/wellness-recovery-action-plan-wrap/</a>	North Vancouver	Mental Health
Vancouver General Hospital	Mental Health Outpatient Services - Various groups	<a href="https://vch.ca/en/location-service/mental-health-substance-use-outpatient-services-joseph-rosalie">vch.ca/en/location-service/mental-health-substance-use-outpatient-services-joseph-rosalie</a>	Online	
YMCA	Y Mind Adult	<a href="https://gv.ymca.ca/y-mind-adult">gv.ymca.ca/y-mind-adult</a>	Online	Ages 31+
YMCA	Y Mind Teen	<a href="https://gv.ymca.ca/y-mind-teen">gv.ymca.ca/y-mind-teen</a>	Vancouver, Surrey, Coquitlam	Sometimes offered online
YMCA	Y Mind Youth	<a href="https://gv.ymca.ca/y-mind-youth">gv.ymca.ca/y-mind-youth</a>	Vancouver, Coquitlam	Ages 18-30 Sometimes online

## Multilingual *(various categories)*

Organization	Group Name	Webpage	Location	Notes
BC Cancer Agency	Chinese Support Group	<a href="http://bccancer.bc.ca/our-services/services/support-programs">bccancer.bc.ca/our-services/services/support-programs</a>	Enquire	Patients and supporters
Burnaby Assn For Community Inclusion	Chinese Autism Support Group	<a href="http://aid.actcommunity.ca">aid.actcommunity.ca</a>	Online	Parents of autistic children
Boys and Girls Clubs	Parents Together Support Group	<a href="http://bgcbc.ca/counselling-support-services/parent-group-support/">bgcbc.ca/counselling-support-services/parent-group-support/</a>	Vancouver, Burnaby, Delta	Vietnamese group in Vancouver
Boys and Girls Clubs	Parents in the Know Education Group	<a href="http://bgcbc.ca/counselling-support-services/parent-group-support/">bgcbc.ca/counselling-support-services/parent-group-support/</a>	Vancouver, Burnaby, Delta	Vietnamese group in Vancouver
Battered Women's Support Services	Programa para Mujeres Latino Americanas (Latin American Women's Program)	<a href="http://bwss.org/support/programs/programa-en-espanol-para-mujeres-latino-americanas/">bwss.org/support/programs/programa-en-espanol-para-mujeres-latino-americanas/</a>	Vancouver	Spanish
Developmental Disabilities Assn	Family Support Group	<a href="http://develop.bc.ca/programs/family-support/">develop.bc.ca/programs/family-support/</a>	Enquire	Chinese Vietnamese Japanese
South Vancouver Neighbourhood House	Family and Friends Caregiver Support	<a href="http://southvan.org/program_category/older-adults-and-seniors-programs/">southvan.org/program_category/older-adults-and-seniors-programs/</a> (scroll for details)	Vancouver	Mandarin Cantonese
Frog Hollow Neighbourhood House	Nobody's Perfect Parenting Program	<a href="http://froghollow.bc.ca/programs-services/family/nobodys-perfect-parenting-program/">froghollow.bc.ca/programs-services/family/nobodys-perfect-parenting-program/</a>	Vancouver	Arabic Spanish Cantonese
Mosaic	Anger Management Care Program	<a href="http://mosaicbc.org/our-programs/wellness-workshops-for-men/">mosaicbc.org/our-programs/wellness-workshops-for-men/</a>	Inquire	Interpretation available
Mosaic	Enhancing Healthy Relationships Program	<a href="http://mosaicbc.org/our-programs/support-for-healthy-multicultural-relationships/">mosaicbc.org/our-programs/support-for-healthy-multicultural-relationships/</a>	Inquire	Couples Immigrant/ Refugee
Mosaic	Men in Change Program	<a href="http://mosaicbc.org/our-programs/men-supporting-healthy-relationships/">mosaicbc.org/our-programs/men-supporting-healthy-relationships/</a>	Vancouver Surrey	English Hindi Punjabi Urdu
Parent Support Services Society of BC	Parenting Groups	<a href="http://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Various & Online	Spanish Korean Portuguese Arabic Mandarin Cantonese
Qmunity	Latidos Latines	<a href="http://qmunity.ca/groups/">qmunity.ca/groups/</a>	Vancouver & Online	Spanish
Success	Changeways Group (Depression, anxiety, stress)	<a href="http://successbc.ca/counselling-crisis-support/services/health-wellness-support-groups/">successbc.ca/counselling-crisis-support/services/health-wellness-support-groups/</a>	Enquire	Cantonese Mandarin

Organization	Group Name	Webpage	Location	Notes
Success	Family Support Groups	<a href="https://successbc.ca/counselling-crisis-support/services/health-wellness-support-groups/">successbc.ca/counselling-crisis-support/services/health-wellness-support-groups/</a>	Enquire	Multiple Languages
Twinkle Stars	Support Group for Japanese Families With Special Needs	<a href="http://tampoppo.jimdofree.com">tampoppo.jimdofree.com</a>	Enquire	Autism & Other Disabilities Japanese
YWCA	Ukrainian Mothers' Support Group	<a href="https://ywcavan.org/blog/2022/11/ukrainian-mothers-support-group">ywcavan.org/blog/2022/11/ukrainian-mothers-support-group</a>	Inquire & Online	Ukrainian

## Other

Organization	Group Name	Webpage	Location	Notes
Forget Me Not Family Society	Support Group	<a href="http://adopteesassociation.ca">adopteesassociation.ca</a>	Online	Adult adoptees Birth & Adoptive Parents
We Are Adopted	We Are Adopted Discussion Group	<a href="http://weareadopted.ca/about">weareadopted.ca/about</a>	Enquire	



## Parenting Support - See also *“Caregiver Support”*

Organization	Group Name	Webpage	Location	Notes
Adler Centre	STEP Parenting Workshops	<a href="http://adlercentre.ca/education/parenting">adlercentre.ca/education/parenting</a>	Online	\$200-\$300 (may have subsidies)
Ann Davis Transition Society	Connect Program	<a href="http://anndavis.org/programs-groups/">anndavis.org/programs-groups/</a>	Inquire	Parents of Preteens
BC Council for Families	Parenting classes, workshops/trainings	<a href="http://bccf.ca">bccf.ca</a>	Online	Parents and professionals
Boys and Girls Clubs	Parents in the Know	<a href="http://bgcbc.ca/counselling-support-services/parent-group-support/">bgcbc.ca/counselling-support-services/parent-group-support/</a>	Vancouver, Burnaby, Delta	English and Vietnamese
Boys and Girls Clubs	Parents Together	<a href="http://bgcbc.ca/counselling-support-services/parent-group-support/">bgcbc.ca/counselling-support-services/parent-group-support/</a>	Vancouver, Burnaby, Delta	English and Vietnamese
Centre for ADHD Awareness	Parent Support Group	<a href="http://caddac.ca/programs-and-events/#support-groups">caddac.ca/programs-and-events/#support-groups</a>	Online	
Deaf Wellbeing Program	Connect Parenting Group	<a href="http://deafwellbeing.vch.ca/services/community-support/">deafwellbeing.vch.ca/services/community-support/</a>	Enquire	Deaf Hard of hearing
Frog Hollow Neighbourhood House	Nobody's Perfect Parenting Program	<a href="http://froghollow.bc.ca/programs-services/family/nobodys-perfect-parenting-program/">froghollow.bc.ca/programs-services/family/nobodys-perfect-parenting-program/</a>	Vancouver	
MindSpace: Skills for Wellbeing	Raising Resilient Kids	<a href="http://mind-space.ca/raising-resilient-kids/">mind-space.ca/raising-resilient-kids/</a>	Online	Free with referral from primary care practitioner
Mt. Pleasant Neighbourhood House	Nuevos Comienzos	<a href="http://mpnh.org/our-programs/family-resource-programs/">mpnh.org/our-programs/family-resource-programs/</a> (scroll down)	Vancouver & Online	Pregnant & New Moms
Parent Support Services Society of BC	General Parenting Groups	<a href="http://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Various & Online	Spanish Korean Portuguese Filipino Arabic Mandarin Cantonese English
Parent Support Services Society of BC	Single Parents' Group	<a href="http://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	
Parent Support Services Society of BC	Kinship Care Group	<a href="http://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	
Parent Support Services Society of BC	Spanish-Speaking Fathers	<a href="http://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	
Parent Support Services Society of BC	Fathering Group	<a href="http://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	

Organization	Group Name	Webpage	Location	Notes
Parent Support Services Society of BC	Parenting Teens	<a href="https://parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf">parentsupportbc.ca/wp-content/uploads/2024/03/Parenting-Support-Group-Schedule-2024.pdf</a>	Online	
Qmunity	Parents of Trans Kids	<a href="https://qmunity.ca/social-groups/parents-of-trans-kids/">qmunity.ca/social-groups/parents-of-trans-kids/</a>	Online	
Spirit of the Children Society	Circle of Security	<a href="https://sotcs.ca/adults-and-families/">sotcs.ca/adults-and-families/</a>	Online	Indigenous
Spirit of the Children Society	Fatherhood & Motherhood is Sacred	<a href="https://sotcs.ca/adults-and-families/">sotcs.ca/adults-and-families/</a>	Online	Indigenous
Success	Parent Support Groups	<a href="https://successbc.ca/earlyyears/services/parent-support-groups/">successbc.ca/earlyyears/services/parent-support-groups/</a>	Vancouver, Burnaby & Tri-Cities	Cantonese Mandarin Korean Farsi
Success	Nobody's Perfect Parenting Program	<a href="https://successbc.ca/earlyyears/services/parent-support-groups/">successbc.ca/earlyyears/services/parent-support-groups/</a>	Vancouver, Burnaby & Tri-Cities	Cantonese Mandarin Korean Farsi
Success	Parent Support Circles	<a href="https://successbc.ca/earlyyears/services/parent-support-groups/">successbc.ca/earlyyears/services/parent-support-groups/</a>	Vancouver, Burnaby & Tri-Cities	Cantonese Mandarin Korean Farsi
Success	Mother Goose Group	<a href="https://successbc.ca/earlyyears/services/parent-support-groups/">successbc.ca/earlyyears/services/parent-support-groups/</a>	Vancouver, Burnaby & Tri-Cities	Cantonese Mandarin Korean Farsi
Westside Family Place	<ul style="list-style-type: none"> <li>Nobody's Perfect Parenting Program</li> <li>Circle of Security (parents)</li> </ul>	<a href="https://westsidefamilyplace.com/programs/nobodys-perfect/">westsidefamilyplace.com/programs/nobodys-perfect/</a>	Vancouver	
Youth Space	Positively Parenting	<a href="https://theyouthspace.com/parent-support">theyouthspace.com/parent-support</a>	Surrey/ White Rock	
YWCA	Single Mothers' Support Groups	<a href="https://ywcavan.org/programs/support-single-moms">ywcavan.org/programs/support-single-moms</a>	Various & Online	
YWCA	Ukrainian Mothers' Support Group	<a href="https://ywcavan.org/blog/2022/11/ukrainian-mothers-support-group">ywcavan.org/blog/2022/11/ukrainian-mothers-support-group</a>	Inquire & Online	

# Seniors

Organization	Group Name	Webpage	Location	Notes
Choose to Move	Group classes	<a href="http://choosetomove.ca">choosetomove.ca</a>	Various	
Fraser Health	Day Program for Older Adults	<a href="http://fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/day-programs-for-older-adults">fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/day-programs-for-older-adults</a>	Various	
Fraser Health	Go the Distance: Virtual Day Program for Older Adults	<a href="http://patienteduc.fraserhealth.ca/file/go-the-distance-virtual-day-programs-543388.pdf">patienteduc.fraserhealth.ca/file/go-the-distance-virtual-day-programs-543388.pdf</a>	Online	
Men's Shed Association of BC	Connecting with other men, building, making	<a href="http://bcmensshed.ca/sheds">bcmensshed.ca/sheds</a>	Across BC	
Mood Disorders Association of BC	Moves For Mind and Mood	<a href="http://mdabc.net/additional-medical-treatments/moves-for-mind-and-mood">mdabc.net/additional-medical-treatments/moves-for-mind-and-mood</a>	Online	60
Qmunity	Indigo Survivors Support Group	<a href="http://qmunity.ca/get-support/olderadults/#INDIGOSurvivors">qmunity.ca/get-support/olderadults/#INDIGOSurvivors</a>	Vancouver	Survivors of elder abuse
Qmunity	Qmunity Gathers (55+)	<a href="http://qmunity.ca/get-support/olderadults/">qmunity.ca/get-support/olderadults/</a>	Vancouver & Online	
Vancouver Coastal Health	Adult Day Programs	<a href="http://vch.ca/en/service/adult-day-programs#short-description--5121">vch.ca/en/service/adult-day-programs#short-description--5121</a>	Various	
Vancouver Coastal Health	Bright Spot: Older Adult Mental Health Day Program	<a href="http://vancouver.pathwaysbc.ca/programs/1651">vancouver.pathwaysbc.ca/programs/1651</a>	Vancouver	Mental health

# Substance Use

Organization	Group Name	Webpage	Location	Notes
Adult Children of Alcoholics and Dysfunctional Families	Support groups	<a href="http://adultchildren.org/meeting-search/">adultchildren.org/meeting-search/</a>	Various & Online	Family Support
Alcoholics Anonymous	Support groups	<a href="http://vancouveraa.ca/meetings/">vancouveraa.ca/meetings/</a>	Various & Online	
Al-Anon Family Groups	Support groups	<a href="http://al-anon.org/al-anon-meetings/">al-anon.org/al-anon-meetings/</a>	Various & Online	Family Support
Alateen	Support groups	<a href="http://al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting/">al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting/</a>	Mostly online	Family Support youth
Centre for ADHD Awareness	ADHD & Substance Use Peer-Led Support Group	<a href="http://caddac.ca/programs-and-events/#support-groups">caddac.ca/programs-and-events/#support-groups</a>	Online	
CAPSA	Peer Support Meetings All People, All Pathways	<a href="http://capsa.ca/peer-support-meetings/">capsa.ca/peer-support-meetings/</a>	Online	Eastern Time Zone (EST)
Crystal Meth Anonymous	Support Groups	<a href="http://crystalmeth.org/">crystalmeth.org/</a>	Vancouver, Surrey & Online	
Families for Addiction Recovery	Online Parent Support Groups	<a href="http://farcanda.org/family-support/we-can-help/parent-support-group/">farcanda.org/family-support/we-can-help/parent-support-group/</a>	Online	Family Support
In The Rooms	Social & Support Groups	<a href="http://intherooms.com/home/category/community-and-meetings/">intherooms.com/home/category/community-and-meetings/</a>	Various & Online	
Lifering	Support Groups	<a href="http://liferingcanada.org/">liferingcanada.org/</a>	Various & Online	
Mar-Anon	Support groups	<a href="http://mar-anon.com/meetings/">mar-anon.com/meetings/</a>	Online	Family Support
Marijuana Anonymous	Support groups	<a href="http://marijuana-anonymous.org/find-a-meeting/">marijuana-anonymous.org/find-a-meeting/</a>	Online	
Moms Stop the Harm	Holding Hope Support Groups	<a href="http://holdinghopecanada.org/find-a-group/#british-columbia">holdinghopecanada.org/find-a-group/#british-columbia</a>	Various & Online	Family Support
Narcotics Anonymous	Support groups	<a href="http://vascna.ca">vascna.ca</a>	Various & Online	
Nar-Anon	Support groups	<a href="http://naranonbc.com/meetings-in-bc">naranonbc.com/meetings-in-bc</a>	Various & Online	Family Support
Parents Forever	Support group	<a href="http://parentsforever.ca/">parentsforever.ca/</a>	Vancouver & online	Family support
Qmunity	Methbusters	<a href="https://www.crystalmeth.org/meetings/methbusters/?tsml-day=3&amp;tsml-region=british-columbia">https://www.crystalmeth.org/meetings/methbusters/?tsml-day=3&amp;tsml-region=british-columbia</a>	Vancouver	Crystal Meth Anonymous
Quit Now	Group Support Sessions	<a href="http://quitnow.ca/find-support/group-support-sessions">quitnow.ca/find-support/group-support-sessions</a>	Phone	
Recovery Dharma	Online Support Groups	<a href="http://recoverydharma.org/meetings/">recoverydharma.org/meetings/</a>	Online	Buddhist practice

Organization	Group Name	Webpage	Location	Notes
Salal Sexual Violence Support Centre	16 Steps for Discovery and Empowerment	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Online	
SMART Recovery / SMART Friends & Family	Recovery meetings	<a href="http://meetings.smartrecovery.org/meetings/?coordinates=50&amp;location=vancouver%20bc">meetings.smartrecovery.org/meetings/?coordinates=50&amp;location=vancouver%20bc</a>	Various & Online	Individuals & Families
Vancouver Coastal Health	Substance Use Counselling Group Counselling	<a href="http://vch.ca/en/service/substance-use-counselling#short-description--6091">vch.ca/en/service/substance-use-counselling#short-description--6091</a>	Enquire	Individuals & Families
Vancouver Coastal Health	Sisters Together Active in Recovery Program (STAR) - various groups	<a href="https://vch.eduhealth.ca/media/VCH/DB/DB.590.S73.pdf">https://vch.eduhealth.ca/media/VCH/DB/DB.590.S73.pdf</a>	Vancouver	All people who identify as women
VGH	Drop-in Smoking Cessation Group	<a href="http://ubccardio.com/specialty-clinics/smoking-cessation-at-vgh/">ubccardio.com/specialty-clinics/smoking-cessation-at-vgh/</a>	Vancouver	

# Trauma

Organization	Group Name	Webpage	Location	Notes
Ann Davis Transition Society	Understanding Abuse	<a href="http://anndavis.org/programs-groups/">anndavis.org/programs-groups/</a>	Online	\$25 Women only
Avalon Recovery Society	Survivors of Incest Anonymous	<a href="http://avalonrecovery.org/meeting-descriptions/">avalonrecovery.org/meeting-descriptions/</a>	Online	Women only
BC Society for Male Survivors of Sexual Abuse	Group Therapy program	<a href="http://bc-malesurvivors.com/survivors/group-therapy/">bc-malesurvivors.com/survivors/group-therapy/</a>	Vancouver	\$40 session
Mood Disorders Association	PTSD Support Group	<a href="http://mdabc.net/resources/mdabc-support-groups/">mdabc.net/resources/mdabc-support-groups/</a>	Vancouver & Online	
Mosaic	Enhancing Healthy Relationships Program	<a href="http://mosaicbc.org/our-programs/support-for-healthy-multicultural-relationships/">mosaicbc.org/our-programs/support-for-healthy-multicultural-relationships/</a>	Enquire	Couples Immigrants/ Refugees
Mosaic	Men in Change Program	<a href="http://mosaicbc.org/our-programs/men-supporting-healthy-relationships/">mosaicbc.org/our-programs/men-supporting-healthy-relationships/</a>	Enquire	
Mosaic	Womens' Support Group	<a href="http://mosaicbc.org/our-programs/support-for-survivors-of-violence-or-abuse/">mosaicbc.org/our-programs/support-for-survivors-of-violence-or-abuse/</a>	Vancouver	Survivors of abuse/ violence
Salal Sexual Violence Support Centre	Returning to Blueprint: Collaborating With Your Nervous System	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Online	
Salal Sexual Violence Support Centre	Drop-In Support Group	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Online	
Salal Sexual Violence Support Centre	Creative Resistance	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Online	
Salal Sexual Violence Support Centre	Embodied Consent	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Online	
Salal Sexual Violence Support Centre	Remembering Our Ancestors	<a href="http://salalsvsc.ca/counselling/#support-groups">salalsvsc.ca/counselling/#support-groups</a>	Online	
Recovery College YVR	Recovery From Trauma	<a href="http://recoverycollegevr.ca/course/recovering-from-trauma-2/">recoverycollegevr.ca/course/recovering-from-trauma-2/</a>	North Vancouver	Expressive arts course
Vancouver Assn For Survivors of Torture (VAST)	Various Groups	<a href="http://vastbc.ca/group-support">vastbc.ca/group-support</a>	Vancouver & Online	

# Youth

Organization	Group Name	Webpage	Location	Notes
Foundry Virtual BC	Rotating support and education groups	<a href="http://foundrybc.ca/virtual/groups-workshops/">foundrybc.ca/virtual/groups-workshops/</a>	Various & Online	
Fraser Valley Youth Society	LGBTQ+ drop in	<a href="http://fvys.ca/programs/drop-ins/">fvys.ca/programs/drop-ins/</a>	Abbotsford	
Langley Children/ Foundry	Friends of Dorothy	<a href="http://langleychildren.com/service-types/friends-of-dorothy/">langleychildren.com/service-types/friends-of-dorothy/</a>	Langley	LGBTQ+
Pain BC	Young Adults (18-35)	<a href="http://painbc.ca/find-help/support-programs/pain-support-wellness-groups">painbc.ca/find-help/support-programs/pain-support-wellness-groups</a>	Online	
Plea	Gen-Out	<a href="http://plea.ca/drop-in/gen-out/">plea.ca/drop-in/gen-out/</a>	Maple Ridge and Tri-Cities	LGBTQ+
Qmunity	Gab Youth & Gab Youth Junior	<a href="http://qmunity.ca/get-support/youth/">qmunity.ca/get-support/youth/</a>	Vancouver & Online	LGBTQ+
Spirit of the Children Society	Tweenies Group	<a href="http://sotcs.ca/youth/">sotcs.ca/youth/</a>	Port Coquitlam	Indigenous
Urban Native Youth Assn.	2-Spirit Collective	<a href="http://unya.bc.ca/programs/2-spirit-collective/">unya.bc.ca/programs/2-spirit-collective/</a>	Vancouver	Indigenous
Y Mind Teen	YMCA	<a href="http://gv.ymca.ca/y-mind-teen">gv.ymca.ca/y-mind-teen</a>	Vancouver Surrey Coquitlam	Sometimes offered online
Y Mind Youth	YMCA	<a href="http://gv.ymca.ca/y-mind-youth">gv.ymca.ca/y-mind-youth</a>	Vancouver Coquitlam	Ages 18-30 Sometimes online
The Youth Space	Creating Connections	<a href="http://theyouthspace.com/creating-connections">theyouthspace.com/creating-connections</a>	Surrey	Age 10-12
The Youth Space	Rainbow Connection	<a href="http://theyouthspace.com/rainbow-connection">theyouthspace.com/rainbow-connection</a>	Surrey	LGBTQ+