

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

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.

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

Anger Management

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

BIPOC

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

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

Organization	Group Name	Webpage	Location	Notes
Alzheimer's Society of BC	Caregiver Support Groups	alzheimer.ca/bc/en/help-support/programs-services/support-groups	Online and in-person (inquire)	
BC Cancer Agency	Various Support Groups	bccancer.bc.ca/our-services/services/support-programs	Online Vancouver Surrey	All ages groups
BC Schizophrenia Society	Family Support Groups	bcss.org/support/bcss-programs/family-support-groups/	Various & Online	
Brella Community Services Society	Caregiver Support Groups	brellasociety.ca/caregiver-support	Surrey & Online	
Emotions BC	Skills and Support Group	emotionsbc.ca/groups-programs/	Langley & Online	Mental health caregivers
Family Caregivers of BC	Various groups including: Caregivers Connect Adults Providing Elder Care	familycaregiversbc.ca/family-caregiver-support-groups	Online	
Vancouver Coastal Health	Family Connections Support Group	spotlightonmentalhealth.com/family-involvement/family-connections-support-group/	Online	Mental health & substance use caregivers
HOpE Centre	Family Support and Education Group	vch.ca/en/location-service/family-support-hope-centre	North Vancouver	mental health caregivers, North Shore
Family Services North Shore	Proud2Be Drop In: Parents With Gender Diverse Children	familyservices.bc.ca/find-support/lgbtq2s-support/	North Vancouver & Online	
North Shore Community Resources	Caregiver Support Program	https://seniors.nscr.ca/caregiver-support-program/	North Vancouver & Online	
Pathways Serious Mental Illness Society	Family and Friends Support Group	https://pathwayssmi.org/weekly-support-groups/	Online	Weekly meetings
Qmunity	Parents of Trans Kids	qmunity.ca/groups/	Online	
South Vancouver Neighbourhood House	Family and Friends Caregiver Support	https://www.southvan.org/program_category/older-adults-and-seniors-programs/ (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	codacanada.ca/?tsml-day=any&tsml-region=bc&post_type=tsml_meeting	Various & Online	
Co-Dependents of Sex Addicts	Support groups	cosa-recovery.org/meetings/locations/local-meetings-in-canada/	Various & Online	
Emotions Anonymous	Support groups	emotionsanonymous.org/find-an-ea-meeting/international-database/search-tool.html	Vancouver & Online	

Disability Support - See also "Health Conditions"

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

Eating Disorders

Organization	Group Name	Webpage	Location	Notes
Body Peace Canada	National eating disorder recovery program with multiple support groups	bodypeacecanada.ca/	Online	
Looking Glass Foundation	Online Peer Support Chats	lookingglassbc.com/programs/online-peer-support-chats/	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	eatingdisordersns.ca/peer-support-programs	Online	Anyone in Canada
Eating Disorders Nova Scotia/Body Peace Canada	Multiple Support groups	eatingdisordersns.ca/peer-support-programs	Online	Anyone in Canada

Grief and Loss

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

Health Conditions

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

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

LGBTQ+

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

Organization	Group Names	Webpage	Location	Notes
Qmunity	Autistic Queer Peers	qmunity.ca/social-groups/autistic-queer-peers/	Online	
Qmunity	Gloriously Queer	qmunity.ca/social-groups/gloriously-queer/	Online	
Qmunity	Asexual & Aromantic Social and Support Group	qmunity.ca/social-groups/vancouverites-asexual-aromantic-social-support-group-2/	Online	Aces & Aros
Qmunity	Transgathering	https://qmunity.ca/social-groups/transgathering/	Online	
Qmunity	Transgathering Medical	qmunity.ca/social-groups/trans-medical-support-group/	Online	
Qmunity	Trans + Loved Ones	qmunity.ca/social-groups/trans-loved-ones/	Online	
Qmunity	Queer Love x : Non-Monogamy Peer Support	qmunity.ca/social-groups/non-monogamy-group/	Online	
Qmunity	Bi-Focus	qmunity.ca/social-groups/bifocus/	Online & Vancouver	
Qmunity	Qmunity Gathers (55+)	qmunity.ca/get-support/olderadults/	Online & Vancouver	
Qmunity	Gab Youth	qmunity.ca/get-support/youth/	Vancouver & Online	
Qmunity	Methbusters	https://www.crystalmeth.org/meetings/methbusters/?tsml-day=3&tsml-region=british-columbia	Vancouver	Crystal Meth Anonymous
UBC Pride Collective	Multiple LGBTQ+ discussion groups for the UBC Community	prideubc.com/discussion-groups	Vancouver (UBC)	students faculty staff
Urban Native Youth Association	2-Spirit Collective	unya.bc.ca/programs/2-spirit-collective/	Vancouver	
The Youth Space	Rainbow Connection	theyouthspace.com/rainbow-connection	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)	anndavis.org/programs-groups/	Fraser Valley Some online, but inquire	
Anxiety Canada	Mind Shift CBT Groups	anxietycanada.com/mindshift-groups/	Online	
BC Schizophrenia Society	Family Support Groups	bcss.org/support/bcss-programs/family-support-groups/	Various & Online	
Borderline Personality Society of BC	BPD Peer Support Group	bpdbc.ca/our-services	Vancouver, New West & Online	People with BPD and their loved ones
Canadian Mental Health Association	OCD Wellness Group OCD Young Adults Group	vancouver-fraser.cmha.bc.ca/programs/counseling-and-adult-support-groups/	Online	
Canadian Mental Health Association	Mindfulness Matters	vancouver-fraser.cmha.bc.ca/programs/counseling-and-adult-support-groups/		
Mindspace: Skills for Wellbeing	CBT Skills Foundations CBT Skills Building Blocks Booster Groups	cbtskills.ca/what-we-offer/	Online	Free with referral from primary care provider
Mindspace: Skills for Wellbeing	CBT for Insomnia (CBT-I)	cbtskills.ca/what-we-offer/	Online	Free with referral from primary care provider
Mindspace: Skills for Wellbeing	Mindfulness Group	cbtskills.ca/what-we-offer/	Online	Free with referral from primary care provider
Mood Disorders Association of BC	Community Support Group	mdabc.net/resources/mdabc-support-groups/	Various and Online	
Mood Disorders Association of BC	PTSD Support Group	mdabc.net/resources/mdabc-support-groups/	Vancouver & Online	
Mood Disorders Association of BC	Self-Compassion Group	mdabc.net/resources/mdabc-support-groups/	Online	
Mood Disorders Association of BC	Faith-Based Support Group	mdabc.net/resources/mdabc-support-groups/	Burnaby, Abbotsford & Online	
Mood Disorders Association of BC	Mindfulness Group	mdabc.net/resources/mdabc-support-groups/	Online	
Mood Disorders Association of BC	Family & Friends of People with Bipolar Disorder	mdabc.net/resources/mdabc-support-groups/	Online	
Mood Disorders Association of BC	Bipolar Support Group	mdabc.net/resources/mdabc-support-groups/	Online	
Mood Disorders Association of BC	Wellbeing Meetup Recreation Group	mdabc.net/resources/mdabc-support-groups/	Vancouver	
Mood Disorders Association of BC	The Dopers Group I & II	mdabc.net/resources/mdabc-support-groups/	Surrey & Langley	

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

Multilingual *(various categories)*

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

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

Other

Organization	Group Name	Webpage	Location	Notes
Forget Me Not Family Society	Support Group	adopteesassociation.ca	Online	Adult adoptees Birth & Adoptive Parents
We Are Adopted	We Are Adopted Discussion Group	weareadopted.ca/about	Enquire	

Parenting Support - See also *“Caregiver Support”*

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

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

Seniors

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

Substance Use

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

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

Trauma

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

Youth

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