

Group Support in Metro Vancouver

April 2026

Organizations offering Support Groups, Group Therapy and/or Mental Health Education Groups.

Groups may be open, closed, ongoing and time-limited. Online, In-Person or not specified. Some groups will be free, others will have a cost involved. Contact organization for specific details.

This directory does not include all available groups as groups change, may be discontinued, may be under-publicized, may be part of a program intended for its registrants only or are beyond the scope of this list. Contact agency for availability. List updated quarterly. Changes to:

megan@willowtreecounselling.ca

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

- ✓ What specific groups are currently available?
- ✓ 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? Is this important to you?
- ✓ 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 people 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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Seniors

Substance Use

Trauma

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

Debtors Anonymous - debtorsanonymous.org

12-step debt support groups • In-Person | Online

Gamblers Anonymous - gabc.ca/meetings

12-step gambling support groups • In-person | Online

Gam-Anon - gam-anon.org/meeting-directory/canada-meetings

12-step support for loved ones of gamblers • In-person | Online

GamTalk - gamtalk.org/chat

24/7 gambling recovery support chat room • Online

Gambling Support BC - gamblingsupportline.ca

Discovery program: group support

Gaming Addicts Anonymous - gamingaddictsanonymous.org/online-meetings

12-step gaming support groups • Online

Internet and Technology Addicts Anonymous - internetaddictsanonymous.org/online-meetings

12-step gaming support groups, multiple languages • Online

Sex Addicts Anonymous - saavancouver.org/find-a-meeting

12-step support groups • In-person | Online

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Anger Management

Chimo Services Society - chimoservices.com/counselling/children-count-too-childrens-anger-management-group

Children's anger management - Richmond residents only • In-person

Deaf Wellbeing Program - deafwellbeing.vch.ca/services/community-support

Anger management group

Mosaic - mosaicbc.org/our-program-types/health-and-counselling

Anger management groups/programs supporting newcomers. All genders, couples.

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BIPOC

Association for Autism and Neurodiversity -

aane.org/services-programs/group-services/support-groups-community-connection

Autistic People of Colour support group - fee applies • Online

Battered Women's Support Services - bwss.org/support/programs/indigenous-womens-programs/

Various support circles/groups for Indigenous women • In-person

Body Peace Canada - bodypeacecanada.ca/peer-support

BIPOC peer support for eating disorder recovery • Online

Canadian Mental Health Association - welcome.cmhacptk.ca/bigworries/

We Are Indigenous: Big Worries, Strong Spirit Caregiver Support Program • Phone | Online

Dude's Club - dudesclub.ca

Men's wellness groups • In-person

Health Initiative for Men (HIM) - checkhimout.ca/him-events

Groups for gay, bisexual and gender diverse men of colour • In-person

Mt. Pleasant Neighbourhood House - mpnh.org/indigenous-gatherings

Indigenous Monday Night Dinners • In-person

Parenting After Separation For Indigenous Families - Government of BC

parenting-after-separation-indigenous.jibc.ca/ • Online

Qmunity - qmunity.ca/groups

Queer in colour support group • Online

Salal Centre - salalvsc.ca/counselling/#support-groups

BIPOC yoga for sexualized violence survivors

Spirit of the Children Society - sotcs.ca/programs

Numerous Indigenous support groups for children, youth, adults, parents • In-person

SUCCESS - successbc.ca/earlyyears/services/parent-support-groups

Nobody's Perfect parenting program, parent support circles - Mandarin, Cantonese, Korean, Farsi • In-person

Urban Native Youth Association - unya.bc.ca/programs/2-spirit-collective/

Two-spirit collective • In-person

Vancouver Women's Health Collective - womenshealthcollective.ca/drop-in

Cultural care workshops • In-Person

Wellspring Cancer Support - wellspring.ca/program/indigenous

Indigenous cancer sharing circle • Online

YMCA - gv.ymca.ca/mind-medicine

Mind Medicine mindfulness group (Indigenous focus) • In-person | Online

Caregiver Support - See also "[Heath Conditions](#)" for other caregiver support options

Alzheimer's Society of BC - alzheimer.ca/bc/en/help-support/programs-services/support-groups
Caregiver support groups and early-stage dementia support groups • In-person | Online

Association for Autism and Neurodiversity -
aane.org/services-programs/group-services/support-groups-community-connection | Fees apply
Numerous groups for autistic people of multiple ages and identities and their supporters • Online

BC Schizophrenia Society - bcss.org/support/bcss-programs/family-support-groups
Family support groups across the province; Youth in Control program • In-person | Online

Brella Community Services Society - brellasociety.ca/caregiver-support
Caregiver support groups • In-person | Online

Emotions BC - emotionsbc.ca/groups-programs/
Support and skills for mental health caregivers; Mindfulness program • In-person | Online

Family Caregivers of BC - familycaregiversbc.ca/family-caregiver-support-groups
Caregiver and eldercare support and connection groups • Online

Family Support Institute of BC - familysupportbc.com/events
Parent/caregiver training and support for FASD, autism, complex needs • Online

Family Connections Support Group: Vancouver Coastal Health -
vch.ca/sites/default/files/import/documents/Family-Connections-Support-Group-Flyer.pdf
Mental health and substance use caregivers • Online

Family Services North Shore - familyservices.bc.ca/find-support/lgbtq2s-support
Proud2Be Drop-In: Parents With Gender Diverse Children • In-person | Online

Family Smart: Help For The Hard Times Workshop - familysmart.ca/help-for-the-hard-times-workshop
Monthly parent-facilitated workshop for caregivers of youth who have been to ER/psychiatric ward • Online

HOpE Centre: Family Support and Education Group - vch.ca/en/service/hope-centre-family-support#overview
Mental health caregivers, North Shore • In-person

Mt. Pleasant Neighbourhood House - mpnh.org/caregivers-connect
Various caregiver connect groups • In-person | Online

North Shore Community Resources - seniors.nscr.ca/caregiver-support-program
Caregiver support program • In-person | Online

Out of the Fog - outofthefog.website
Online support forum for loved ones of people with personality disorders • Online

Parents Forever - parentsforever.ca
Support groups for parents of substance users/mental health problems • In-person | Online

Parkinson's Society of BC - parkinson.bc.ca/resources-services/support-groups

Caregiver support groups • In-person | Online

Pathways Clubhouse - pathwaysclubhouse.com/what-we-do/chinese-support/

Chinese Support Group (people with mental health concerns & caregivers) • In-person | Online

Pathways Serious Mental Illness Society - pathwayssmi.org/weekly-support-groups

Family and friends support group • In-person | Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Family Members of Addicts, peer support group • Online

Qmunity - qmunity.ca/groups

Parents of trans kids support group • Online

South Vancouver Neighbourhood House - southvan.org/program_category/older-adults-and-seniors-programs

Family and friends caregiver support - English, Mandarin, Cantonese • In-person

Wellspring Cancer Support - wellspring.ca/programs

Caregivers connect groups: support, mindfulness, relaxation, parenting • Online

Co-Dependency - See also family support listings under "Substance Use"

Co-Dependants Anonymous - codacanada.ca

12-step support groups • In-person | Online

Co-Dependants of Sex Addicts - cosa-recovery.org

12-step support groups • In-person | Online

Emotions Anonymous - emotionsanonymous.org

12-step support groups for emotional challenges • In-person | Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Relationship Troubles peer support group • Online

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Disability Support - See also "Health Conditions"

Adoptive Families Association of BC - email sjohnson@bcadoption.com
Coffee chat support group for parents with complex needs, behaviours, FASD • Online

AHA! ADHD Peer Support - adhdpeersupport.com/peer-support
Support groups and online co-working spaces for adults with ADHD • Online

Association for Autism and Neurodiversity -
aane.org/services-programs/group-services/support-groups-community-connection | Fees apply
Numerous groups for autistic people of multiple ages and identities and their supporters • Online

Autism BC - autismbc.ca/programs/connection/support-groups
Support meets/social groups for caregivers/families/autistic people aged infant to adult • Online

Canadian Hard of Hearing Association - chha-nsb.com/meetings-events/sound-advice-workshops
Sound advice meetings In-person | Online • **Young Adults' Network** - chha.ca/yan

Canucks Autism Network - canucksautism.ca/programs/virtual-youth-and-adult-programs
Various groups for autistic youth and adults: fitness, coding, movies, meetups, dating, workshops • Online

Centre for ADHD Awareness - caddac.ca/programs-and-events
*Support groups for adults and youth with ADHD, parents; See **Neurodiversity** section for more* • Online

CNIB - cnib.ca/en/programs-and-services/live/peer-support-programs?region=bc
Support and social groups for blind and low-sight individuals • Online

Deaf Wellbeing Program - deafwellbeing.vch.ca/services/community-support
Mental health groups: CBT, DBT, Anger Management, Parenting groups for deaf and hard-of-hearing people

Developmental Disabilities Association - develop.bc.ca/programs
Child and adult support for developmental disabilities; Family support groups • In-person | Online

Live Education Transform Society (LET'S) - connectwithlets.org/chronically-queer
Chronically queer group (LGBTQ+ and disabled) • In-person | Online

Lower Mainland Down Syndrome Society - lmdss.com/fun-for-families/group
Kids, youth and adult development groups; Parent networking groups • In-person

MindSpace: Skills For Wellbeing - mind-space.ca/skills-for-success-adhd-strategies-for-adults
Skills for Success: ADHD Strategies for Adults group; Physician referral mandatory • Online

Parent Support Services Society of BC - parentsupportbc.ca/support-groups
Parenting children with ADHD and many other groups • Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com
Living With Chronic Pain, Illness and Disability peer support group • Online

Spinal Cord Injury BC - sci-bc.ca/peer-program

Events, meetups, peer connection, coaching and support • In-person | Online

YWCA - ywcavan.org/programs/crabtree-corner/resources-families-FASD
Fetal alcohol spectrum disorder (FASD) support group

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Eating Disorders

Body Peace Canada - bodypeacecanada.ca/peer-support
Support groups for eating disorders/concerns; also specialized support groups for 40+, trans folks, binge eating and BIPOC • Online

Looking Glass Foundation - lookingglassbc.com/programs/online-peer-support-chats
Peer support chats for individuals with eating disorders • Online

Pay What You Can Virtual Peer Support Groups - <https://www.paywhatyoucanpeersupport.com>
Eating Disorders peer support group • Online

VCH Eating Disorders Program - Family & Friends Support Group - Contact Colleen at 604-675-2531

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Grief and Loss

About Grief - aboutgrief.ca/programs-and-services
List of bereavement support group and service options and services across Canada

BC Bereavement Helpline - bcbh.ca/programs
Peer support for suicide loss, loss through homicide, pet loss • Online

Burnaby Hospice Society - burnabyhospice.org/bereavement-support
Bereavement support groups and other programs for residents of Burnaby

Bridge C-14 - bridgec14.org/available-supports
Support for anyone touched by Medical Assistance in Dying (MAiD) • Online

Community Death Care Project - communitydeathcareproject.ca/events/
Community connection and support for people connected to the Downtown Eastside and Chinatown communities. Various events available at the Carnegie Community Centre. Check schedule. • In-person

Compassionate Friends of Canada - tcfcanada.net/chapters/british-columbia
Support groups for child loss • In-person

The Grievory - thegrievory.com/grief-gatherings
Weekly grief gatherings and queer grief gatherings • Online

Living Through Loss Counselling Society of BC - livingthroughloss.ca/support-groups
Closed groups have different themes and rotate; Inquire about cost • Online

Lower Mainland Grief Recovery Society - lmgr.ca/support-groups

Grief support group programs • In-person

Lumara Society - lumarasociety.org/circles-of-strength

Circles of Strength grief support groups

Moms Stop the Harm - healingheartscanada.org/find-a-group#britishcolumbia

Healing Hearts Bereavement Support group for substance-related loss • In-person | Online

Parkinson's Society of BC - parkinson.bc.ca/resources-support/services/support-groups

Professionally-facilitated bereavement support group for care partners • In-person | Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Death and Loss peer support group • Online

Richmond Grief Support Group (VCH) - Contact Brenda or Liesel at 604-675-3644 - exts. 24271 or 24273

Univive Wellness Clinic - Pet Loss Grief and Bereavement Group

unitiveclinic.ca/pet-loss-support-group-vancouver/ • Online, Drop-in | \$30 session

Vancouver Hospice Society - vancouverhospice.org/services/grief-support/bereavement-support-groups

Rotating groups for parental/sibling/spousal loss, children & families, young adults, trauma loss, walking group

Wellspring Cancer Support - <https://wellspring.ca/program/bereaved-support/>

Bereavement support (including bereaved MAID) • Online

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Health Conditions

Adult Cognitive Wellness Centre - adultcognitivewellnesscentre.ca/programs

Caregiver and dementia support programs • In-person | Online

After Stroke BC - strokerecoverybc.ca/virtual-programs

Groups including stroke recovery, connection, young adults, aphasia, activities and special topics • Online

ALS Society of BC - alsbc.ca/programs-services/support-groups

Individual and caregiver support groups, bereavement support group • Online

Alzheimer's Society of BC - alzheimer.ca/bc/en/help-support/programs-services/support-groups

Early-stage dementia support group; Caregivers support groups • In-person | Online

Arthritis Society Canada - arthritis.ca/support-education/support-in-your-community/arthritis-connections

Arthritis Connections peer support • Online

BC Cancer Agency - bccancer.bc.ca/our-services/services/support-programs

Support groups for various forms of cancer (English, Cantonese, Mandarin); Mindfulness and wellness groups

• In-person | Online

BC Cancer Agency - bccancer.bc.ca/our-services/services/supportive-care/art-therapy#Groups
Range of art therapy groups for individuals with cancer, family members • In-person | Online

BC Celiac Association - bcceliac.ca/support-groups.html
Support groups • In-person | Online

BC Epilepsy Society - bcepilepsy.com/programs/connecting-with-others/
Peer support groups for adults, young adults,, youth, families and parents • Online

BC Lung Foundation - bclung.ca/peer-support
Better Breathers Club; support for asthma and COPD • In-person | Online

BC Lupus Society - bclupus.org/resources-support-group
Support groups • Online

BC Lymphedema Association - bclymph.org/Support-Groups
Support groups • In-person | Online

Callanish Society - callanish.org/ongoing-programs
Support groups for individuals & families affected by cancer; Retreats; wellness workshops • In-person|Online

Canadian Cancer Society - cancerconnection.ca/s/group/CollaborationGroup/Default
Support groups with various themes (connection, fitness, nutrition, art, psychology, spirituality)

Centre for Epilepsy and Seizure Education - esebc.ca/epilepsy-connect-support-group/
Epilepsy Connect support group • Online

Cerebral Palsy Association of BC - bccerebralpalsy.com/programs/cp-connections
Connections support group (youth and adults) • Online

Crohn's and Colitis Canada - crohnsandcolitis.ca/Support-for-You/Gutsy-support
Peer support groups (individuals and caregivers) • Online

Ehler's Danlos Society - ehlers-danlos.com/virtual-support
Support groups • Online

The Endometriosis Network Canada - endometriosisnetwork.com/virtual-support-groups
Support groups • Online

GI Society - badgut.org/events/support-groups/#loc
Support group for mind-gut health, Support groups for specific conditions • Online

Inspire Health - inspirehealth.ca/programs-services/classes-programs
Vast array of support groups and activity groups for people living with cancer • In-person | Online

Kidney Foundation - kidney.ca/Support/Peer-Support/Support-Engagement-Groups#
Variety of support groups for kidney problems; Wellness support; Caregiver support • Online

Lymphoma Canada - lymphoma.ca/resources/support/support-groups
Support groups • Online

ME/FM Society of Canada - mefm.bc.ca/support-groups

Professionally-led support and art therapy groups (ME, Fibromyalgia, Long COVID) • Online

MS Canada - mscanada.ca/ms-support-groups

Multiple Sclerosis (MS) support groups • In-person | Online

Osteoporosis Canada - osteoporosis.ca/support-groups/

Support groups (various)

Pain BC - painbc.ca/find-help/support-programs/pain-support-wellness-groups

Pain support and wellness groups (English, Mandarin, Punjabi); Groups for specific populations • Online

Pancreatic Cancer Society - craigscase.ca/support

Peers with pancreatic cancer group; Support4Caregivers • Online

Parkinson Society of BC - parkinson.bc.ca/resources-services/support-groups

Support group for individuals throughout their PD journey (including specific populations); Caregiver support; Bereavement support • In-person | Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Living With Chronic Pain, Illness and Disability peer support group • Online

Scleroderma Association of BC - sclerodermabc.ca/support-and-assistance/come-zoom-with-us-2

Support meetings, caregiver support, yoga • Online

Self-Management BC - selfmanagementbc.ca/CommunityPrograms

Courses for managing pain, chronic conditions and disease • In-person | Online

Wellspring Cancer Support - portal.wellspring.ca

Multitudinous cancer support groups, many of which help specific populations of people • Online

Young Adult Cancer Canada - youngadultcancer.ca/program/yacc-web-chats

Chat groups • Online

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LGBTQ+

Association for Autism and Neurodiversity -

aane.org/events/?event_type=support-groups&identity_post=lgbtq-plus

LGBTQ+ support groups for individuals and families • Online

Blue Sky Learning - blueskylearning.ca/events

Queer NeuroNest group, #ActuallyAutistic support group, ADHD Body doubling groups • Online

Body Peace Canada - form-can.keela.co/trans-peer-support-group-registration

Trans + peer support group for eating disorders/concerns (ages 17-adult) • Online

CNIB - cnib.ca/en/event/pride-connection?region=bc

Pride Connection group for blind and low-sight folks • Online

Family Services Institute of BC - familysupportbc.com/event/gender-marvellous/2025-09-09/
Gender Marvellous support group for family members • Online

Family Services North Shore - familyservices.bc.ca/find-support/lgbtq2s-support/
Proud2Be Yourself group for gender-diverse youth; Separate drop-in group for parents • In-person | Online

Fraser Valley Youth Society - fvys.ca/programs/drop-ins
LGBTQ+ youth drop-in • In-person

The Grievory - thegrievory.com/grief-gatherings
Queer grief gatherings, \$25 session • Online

Health Initiative for Men (HIM) - checkhimout.ca/events
Groups for gay, bisexual and gender-diverse men. Groups rotate and include therapeutic, BIPOC, and special focus groups • In-person | Online

Langley Children/Foundry - langleychildren.com/service-types/friends-of-dorothy/
Friends of Dorothy: LGBTQ+ youth drop-in • In-person

Live Education Transform Society (LET'S) - connectwithlets.org/chronically-queer
Chronically queer group (LGBTQ+ and disabled) • In-person | Online

Milieu Children and Family Services - milieu.ca/children/services-2
LGBTIA2S+ Activity group: meets at the South Vancouver Youth Centre • In-person

Mosaic - mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/
Groups for LGBTQ+ newcomers • In-person

Pacific Postpartum Support Society - postpartum.org/2021/05/postpartum-support-for-2slgbtqia-families/
Two-Spirit, Queer and Trans postpartum support group

Pain BC - painbc.ca/find-help/support-programs/pain-support-wellness-group
LGBTQ2S+ group for pain support • Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com
LGBTQ+ peer support group • Online

Plea - plea.ca/drop-in/gen-out
Gen-Out group: LGBTQ+ youth exploring gender and sexuality (ages 14-18) • In-person | Online

PFLAG - pflagvancouver.com
Support and connection groups for LGBTQ+ allies • In-person | Online

Qmunity - qmunity.ca/seniors
Meetups and events for seniors.

Qmunity - qmunity.ca/groups
Vast array of support groups for LGBTQ+ individuals; groups include trans support, non-monogamy support, bisexual support, youth support, asexual/aromantic support, parent support, questioning • Online

Sher Vancouver - shervancouver.com/support-groups
Queer in Colour support group and other groups • In-person

Transparent Okanagan - transparentokanagan.ca
Monthly facilitated meetings/courses for parents of trans people • In-person | Online

Urban Native Youth Association - unya.bc.ca/programs/2-spirit-collective
2-Spirit Collective • In-person

Wellspring Cancer Support - wellspring.ca/program/2slgbtqia-support
2SLGBTIIA+ Support Group • Online

The Youth Space - theyouthspace.com/rainbow-connections
Rainbow Connection • In-person

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Mental Health

Atira Women's Resource Society - atira.bc.ca/what-we-do/program/16-steps-for-discovery-and-empowerment/
Weaving Our Voices: An Art Therapy Group for Women • In-person

BC Schizophrenia Society - bcss.org/support/bcss-programs/family-support-groups
Family Support Groups; Youth in Control program • In-person | Online

BCalm: BC Association for Living Mindfully - bcalm.ca/what-we-offer/
Mindfulness classes and workshops - MSP funding may be available • Online (limited)

Borderline Personality Society of BC - bpdbc.ca/peersupport
BPD peer support group; People with BPD and their loved ones • In-person | Online

Canadian Mental Health Association - livinglifetothefull.ca
Living Life to the Full program; CBT for wellness • In-person | Online

Community Mental Wellness Association of Canada - cmwac.ca/programs
Mental health workshops and groups for adults and youth; peer support training program. The Association originally served the Chinese community, but people of all backgrounds are welcome • In-person | Online

Emotions Anonymous - emotionsanonymous.org
12-step support groups for emotional challenges • In-person | Online

Trauma-Informed DBT Group For Emotional Regulation— emotionwise.ca/groups
Private-pay through Emotion Wise Counselling (\$1600) • In-person | Online

Family Smart: Help For The Hard Times Workshop - familysmart.ca/help-for-the-hard-times-workshop
Monthly parent-facilitated workshop for caregivers of youth who have been to ER/psychiatric ward • Online

Heads Up Guys - Supporting a Man's Mental Health Course

headsupguys.org/how-to-fight-depression/courses/mental-health-peer-support/ • Online

MBSR-BC (Mindfulness-Based Stress Reduction) - mbsrbc.ca/current-classes

Fee-based classes with a range of instructors • In-person | Online

Mindspace: Skills for Wellbeing - cbtskills.ca/what-we-offer

CBT Skills Groups: Foundations, Insomnia, ADHD, booster groups; Free with physician referral • Online

Mood Disorders Association of BC - mdabc.net/resources/mdabc-support-groups

Community support groups for bipolar disorder, PTSD and more. Individuals and families • In-person | Online

Out of the Fog - outofthefog.website

Online support forum for loved ones of people with personality disorders • Online

Parent Support Services Society of BC - parentsupportbc.ca/support-groups

Parenting with anxiety and depression and many other groups • Online

Pacific Postpartum Support Society - postpartum.org/services/support-groups/

Postpartum support groups; Also has support group for LGBTQ+ people • In-person | Online

Pathways Clubhouse - pathwaysclubhouse.com/what-we-do/chinese-support/

Chinese Support Group (people with mental health concerns & caregivers) • In-person | Online

Pathways Serious Mental Illness Society - pathwayssmi.org/weekly-support-groups

Family and friends support group • Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Peer support groups: Depression, Anxiety/Stress, Bipolar Disorder, Boredom/Loneliness, Eating Disorders, Emotional Regulation, Cognitive Strategies, Trauma, Postpartum Depression/Anxiety, OCD • Online

Personality Disorder BC - personalitydisorderbc.ca/referrals

Group transference-focused psychotherapy for borderline and narcissistic personality disorders. Referrals prescreened for suitability, not all accepted. • Online

Recovery College YVR - vch.ca/en/recovery-college-vch

Multiple mental health-related groups; availability varies • In-person | Online

Vancouver Hospital Mental Health Outpatient Services -

vch.ca/en/location-service/mental-health-substance-use-outpatient-services-joseph-rosalie

Various groups available - talk to intake worker for referral eligibility • Online

Vancouver Women's Health Collective - womenshealthcollective.ca/drop-in

Peer support training and certification • In-Person

Wirth Foundation - Mental Health Mondays

eventbrite.ca/o/wirth-foundation-110151956771

Occasional mental health-related online workshops • Online

YMCA - <https://www.gv.ymca.ca/mental-wellness>

Y-Mind Series (child, youth, adult): Mindfulness training • In-person | Online

Multilingual (various categories)

BC Cancer Agency - bccancer.bc.ca/our-services/services/support-programs

Chinese Support Group & Chinese Mindfulness Based Stress Reduction Group: Cantonese, Mandarin • Online

Burnaby Association For Community Inclusion - aid.actcommunity.ca

Chinese Autism Support Group (parents of autistic children) • Online

Boys and Girls Clubs - bgcbc.ca/counselling-support-services/parent-group-support

Parents Together Support Group & Parents In The Know group (Vietnamese option) • In-person | Online

Battered Women's Support Services -

bwss.org/support/programs/programa-en-espanol-para-mujeres-latino-americanas

Programa para Mujeres Latino Americanas (Spanish) • In-person

Community Mental Wellness Association of Canada - cmwac.ca/programs

Mental health workshops and groups for adults and youth; peer support training program. The Association originally served the Chinese community, but people of all backgrounds are welcome • In-person | Online

Developmental Disabilities Association - develop.bc.ca/programs/family-support

Family Support groups (Chinese, Vietnamese, Japanese)

South Vancouver Neighbourhood House - southvan.org/program_category/older-adults-and-seniors-programs/ *Family and Friends Caregiver Support (scroll for details)* - Mandarin, Cantonese • In-person

Frog Hollow Neighbourhood House - froghollow.bc.ca/family/nobodys-perfect-parenting-program

Nobody's Perfect Parenting Program - Arabic, Spanish, Cantonese • In-person

Mosaic - mosaicbc.org/our-program-types/health-and-counselling

Mental health groups/programs for newcomers. Check availability and languages offered.

Mt. Pleasant Neighbourhood House - mpnh.org/newcomers

Newcomer's groups, English classes, women's groups, employment support, conversation circles and more - Farsi-Dari, Arabic, Vietnamese, Spanish • In-person

Pain BC - painbc.ca/find-help/support-programs/pain-support-wellness-groups

Mandarin and Punjabi support groups • Online

Parent Support Services Society of BC - parentsupportbc.ca/support-groups

Parenting groups in Spanish, Korean, Portuguese, Arabic, Mandarin, Cantonese • Online

Parenting After Separation - Government of BC - parenting-after-separation.jibc.ca/courses/

Groups in English and Punjabi • Online

Parkinson's Society of BC - parkinson.bc.ca/resources-services/support-groups

South Asian Support Group • Online

Pathways Clubhouse - pathwaysclubhouse.com/what-we-do/chinese-support/
Chinese Support Group (people with mental health concerns & caregivers) • In-person | Online

Qmunity - qmunity.ca/groups
Latidos Latines (Spanish LGBTQ+ group) • In-person

Sashbear.org - sashbear.org/family-connections/
Family Connections Program: 24-hour peer group support for those in relationship with people with emotional dysregulation or other emotional problems; Canada-wide • Online

SUCCESS - successbc.ca/counselling-crisis-support/services/health-wellness-support-groups
Family support groups; Changeways groups (depression, anxiety, stress): check language availability. May include Cantonese, Mandarin, Farsi, Korean

Twinkle Stars - tampoppo.ijmdofree.com
Support group for Japanese families with autistic children and other disabilities

Westcoast Family Centre - Farsi Parent Support Group email communications@westsidefamily.org
Weekly parent support group

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Neurodiversity (*guidance [here](#) to help determine if group is neurodiversity-affirming*)

Association for Autism and Neurodiversity - aane.org/services-programs/group-services/support-groups-community-connection | Fees apply
Numerous groups for autistic people of multiple ages and identities and their supporters • Online

AHA! ADHD Peer Support - adhdpeersupport.com/peer-support
Support groups and online co-working spaces for adults with ADHD • Online

Autism BC - autismbc.ca/programs/connection/support-groups
Support meets/social groups for caregivers/families/autistic people aged infant to adult • Online

Blue Sky Learning - blueskylearning.ca/events
Queer NeuroNest group, #ActuallyAutistic support group, Body doubling groups • Online

Canucks Autism Network - canucksautism.ca/programs
Various groups for autistic youth and adults: fitness, coding, movies, meetups, dating, workshops • Online

Centre for ADHD Awareness - caddac.ca/programs-and-events
Support groups for adults and youth with ADHD, parents • Online

Family Support Institute of BC - familysupportbc.com/event/newly-diagnosed-autism-2022-10-17/all
Newly diagnosed autism group • Online

Mindspace: Skills For Wellbeing - mind-space.ca/skills-for-success-adhd-strategies-for-adults/
ADHD Strategies for Adults group; No cost for physician-referral • Online

Parent Support Services Society of BC - parentsupportbc.ca/support-groups

Parenting children with ADHD and many other groups • Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

ADHD and Autism peer support groups • Online

Scattergram Counselling - scattergramcc.com/therapy/groups-and-packages

The ND Room group, ACCEPT groups for multiple age groups and ND couples • Online

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Other

Forget Me Not Family Society - adoptioncircles.net/wp/outreach-events/support-groups/

Support group for adult adoptees and birth and adoptive parents • Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Female Singlehood in 30s; Life Design and Direction; Women's Self Esteem; Business/Life; Writing peer support groups • Online

Recovering Couples Anonymous - recovering-couples.org

12-step support groups for monogamous couples seeking to deepen intimacy • Online

We Are Adopted - weareadopted.ca/about

Discussion group

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Parenting Support - See also "[Caregiver Support](#)"

Adler Centre - adlercentre.ca/education/parenting

STEP Parenting workshops; \$200-\$300 (may have subsidies) • Online

Adoptive Families Association of BC - email sjohnson@bcadoption.com

Coffee chat support group for parents with complex needs, behaviours, FASD • Online

BC Council For Families - shop.bccf.ca/catalogue/category/training/parent_3

Parenting skills (various ages), conflict management, co-parenting/divorce, behavioural issues • Online

Boys and Girls Clubs - bgcbc.ca/counselling-support-services/parent-group-support

Parents Together Support Group & Parents In The Know group (Vietnamese option) • In-person | Online

Canadian Mental Health Association - welcome.cmhacptk.ca/bigworries/

We Are Indigenous: Big Worries, Strong Spirit Caregiver Support Program • Phone | Online

Centre for ADHD Awareness - caddac.ca/programs-and-events

Support groups for adults and youth with ADHD, parents • Online

Eastside Family Place - eastsidefamilyplace.org/programs

Nobody's Perfect parenting program, workshops, support circles - availability varies • In-person | Online

Parent Support Services Society of BC - parentsupportbc.ca/support-groups

Parenting children with ADHD and many other groups • Online

Deaf Wellbeing Program - deafwellbeing.vch.ca/services/community-support

Connect Parenting group for deaf and hard or hearing

Frog Hollow Neighbourhood House - froghollow.bc.ca/family/nobodys-perfect-parenting-program

Nobody's Perfect Parenting Program - Arabic, Spanish, Cantonese • In-person

MindSpace: Skills For Wellbeing - mind-space.ca/raising-resilient-kids

Raising Resilient Kids group; Free with physician referral • Online

Mt. Pleasant Neighbourhood House - mpnh.org/family

Large variety of parenting and family support groups, including Nobody's Perfect Parenting program • In-person

Parenting After Separation - Government of BC - parenting-after-separation.jibc.ca/courses/

Groups in English and Punjabi • Online

Parenting After Separation For Indigenous Families - Government of BC

parenting-after-separation-indigenous.jibc.ca/ • Online

Parent Support Services Society of BC - parentsupportbc.ca/support-groups

Diverse range of groups in Spanish, Korean, Portuguese, Filipino, Arabic, Mandarin, Cantonese, English • In-person | Online

Qmunity - qmunity.ca/service-page/parents-of-trans-kids-1?referral=service_list_widget

Parents of Trans Kids support group • Online

Spirit of the Children Society - sotcs.ca/adults-and-families

Indigenous parenting groups; FASD support group • Online

SUCCESS - successbc.ca/earlyyears/services/parent-support-groups

Parent support groups, Nobody's Perfect Program: Cantonese, Mandarin, Korean, Farsi • In-person | Online

Westcoast Family Centre - Farsi Parent Support Group email communications@westsidefamily.org

Weekly parent support group

Westside Family Place - westsidefamilyplace.com/programs/nobodys-perfect

Nobody's Perfect parenting program; Circle of Security (parents) • In-person

Youth Space - theyouthspace.com/parent-support

Positively Parenting group • In-person | Online option

YWCA - ywcavan.org/programs/support-single-moms

Single Mothers' Support Groups • In-person | Online

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Seniors

Choose to Move - choosetomove.ca

Group movement classes • In-person

Fraser Health Day Program For Older Adults - fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/day-programs-for-older-adults • In-person | Online

Men's Shed - bcmensshed.ca/sheds

Connecting with other men, building, making • In-person

Mt. Pleasant Community Centre - mpnh.org/older-adults-55-and-seniors

Variety of fitness, interest-base and social groups for seniors • In-person

Qmunity - qmunity.ca/seniors

Qmunity Gathers LGBTQ 55+, Community Quills (writing workshops) • In-person | Online

Vancouver Coastal Health Adult Day Programs - vch.ca/en/service/adult-day-programs#short-description--5121 *Older adults with physical or cognitive impairment* • In-person

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Substance Use

Adult Children of Alcoholics and Dysfunctional Families - adultchildren.org/meeting-search/

12-step support Groups • In-person | Online

Alcoholics Anonymous (AA) - vancouveraa.ca/meetings/

12-step support Groups • In-person | Online

Al-Anon Family Groups - al-anon.org/al-anon-meetings/

For those affected by a loved one's drinking - 12-step support groups • In-person | Online

Alateen - al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting/

Youth affected by a loved one's drinking - 12-step support groups • Mostly Online

Atira Women's Resource Society - atira.bc.ca/what-we-do/program/16-steps-for-discovery-and-empowerment *16 Steps for Discovery and Empowerment Group* • In-person

Battered Women's Support Services (BWSS) - bwss.org/support-groups-at-battered-womens-support-services-2010-2/ *16 Steps for Discovery and Empowerment Group* • In-Person

Centre for ADHD Awareness - caddac.ca/programs-and-events/#support-groups

ADHD & Substance Use Peer-Led Support Group • Online

CAPSA - capsa.ca/peer-support-meetings

All People, All Pathways Peer Support meetings • Online

Crystal Meth Anonymous - crystalmeth.org

12-step support groups • In-person | Online

Families Anonymous - familiesanonymous.org

12-step fellowship for family member with a substance-using loved one • Online

Families For Addiction Recovery - farcanada.org/online-parent-support-groups

Online Parent Support Groups • Online

Health Initiative For Men (HIM) - checkhimout.ca/pnp-and-me

Group therapy, PnP and Me (sexualized substance use; gay/bi/gender expansive men) • In-person

Holding Hope - holdinghopecanada.org

Support groups for families affected by a loved one's substance use • Online

In the Rooms - intherooms.com/home/category/community-and-meetings

Social and support groups for addicts when not in meetings • In-person | Online

LifeRing: Secular Recovery Canada - liferingcanada.org

Abstinence-based groups • In-person | Online

Mar-Anon - mar-anon.com/meetings/

12-step support for loved ones of marijuana users • Online

Marijuana Anonymous - marijuana-anonymous.org/find-a-meeting/

12-step support • Online

Moms Stop the Harm - healingheartscanada.org/find-a-group#britishcolumbia

Healing Hearts Bereavement Support group for substance-related loss • In-person | Online

Narcotics Anonymous - vascna.ca

12-step support groups • In-person | Online

Nar-Anon - naranonbc.com/meetings-in-bc

12-step support for loved ones of narcotics users • In-person | Online

Parents Forever - parentsforever.ca

Support groups for parents of substance users/mental health problems • In-person | Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Family Members of Addicts peer support group • Online

Quit Now - quitnow.ca/find-support/group-support-sessions

Webinar-style group support session for quitting or reducing nicotine • Online

Recovery College - SMART Recovery Groups - vch.ca/en/recovery-college-vch

Science-based, self-empowering addiction recovery groups • In-person | Online

Recovery Dharma - recoverydharma.org/meetings

Support groups for addictions recovery with Buddhist focus • Online

Salal Sexual Violence Support Centre - salalsvsc.ca/counselling/#support-groups

16 Steps for Discovery and Empowerment Group • Online

SMART Recovery Groups/SMART Friends and Family - meetings.smartrecovery.org/meetings/?coordinates=50&location=vancouver%20bc

Science-based, self-empowering addiction recovery groups for individuals and families • In-person | Online

Vancouver Coastal Health: Substance Use Counselling - vch.ca/en/service/substance-use-counselling#short-description--6091

Group and individual counselling

Vancouver Coastal Health: Sisters Active in Recovery (STAR) - vch.eduhealth.ca/media/VCH/DB/DB.590.S73.pdf *Outpatient substance-use treatment for women* • In-person

Vancouver Hospital - vch.ca/en/media/28946

Drop-in smoking cessation group • In-person

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Trauma

Adult Survivors of Child Abuse - tapestrycentre.ca/asca

Support group • Online

Avalon Recovery Society - avalonrecoveryociety.org/meeting-descriptions

Survivors of Incest Anonymous group (women only) • Online

Battered Women's Support Services (BWSS) - bwss.org/support-groups-at-battered-womens-support-services-2010-2/ *Numerous trauma recovery support groups and educational groups for women who have experienced sexual violence. Check current availability.* • In-Person

BC Society for Male Survivors of Sexual Abuse - bc-malesurvivors.com/survivors/group-therapy

Group therapy • In-person - \$40/session

Mood Disorders Association - mdabc.net/resources/mdabc-support-groups

PTSD recovery group • In-person | Online

Mosaic - mosaicbc.org/our-programs

Numerous trauma-informed groups for newcomers (check availability)

Multiplied by One - multipliedbyone.org/online-support-groups

Groups for people with complex trauma and dissociative disorders and their loved ones • Online

Out of the Fog - outofthefog.website

Online support forum for loved ones of people with personality disorders • Online

Out of the Storm - outofthestorm.website

Online support forum for survivors of complex relational trauma and Complex PTSD (CPTSD) • Online

Pay What You Can Virtual Peer Support Groups - paywhatyoucanpeersupport.com

Narcissistic/Abuse Survivors; Male Survivors of Abuse peer support groups • Online

Salal Sexual Violence Support Centre - salalsvsc.ca/counselling/#support-groups

Numerous trauma recovery support groups and educational groups • Online

Survivors of Incest Anonymous - siawso.org/meetings

12-step groups for adult survivors of sexual abuse • Online

Vancouver Association For Survivors of Torture - vastbc.ca/group-support

Group support • In-person | Online

Vancouver Women's Health Collective - womenshealthcollective.ca/drop-in

Drop-in, trauma-informed yoga • In-Person

We-r-911 - <https://vtncanada.org/wp-content/uploads/2025/05/R-911.pdf>

Group and community support for veterans and first-responders living with PTSD

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Youth *(some groups may include young adults)*

Canadian Mental Health Association - livinglifetothefull.ca/llttf-youth/

Living Life to the Full program (CBT for ages 13-18)

Foundry BC - foundrybc.ca/virtual/groups-workshops

Rotating support and education groups • In-person | Online

Fraser Valley Youth Society - fvys.ca/programs/drop-ins/

LGBTQ+ drop-in • In-person

Langley Children/Foundry - langleychildren.com/service-types/friends-of-dorothy

Friends of Dorothy: LGBTQ+ youth drop-in • In-person

Milieu Children and Family Services - milieu.ca/children/services-2

Variety of youth groups meeting at the South Vancouver Youth Centre • In-person

Pain BC - painbc.ca/find-help/support-programs/pain-support-wellness-groups

Young adults group (18-35) • Online

Pay What You Can Virtual Peer Support Groups - <https://www.paywhatyoucanpeersupport.com>

Adult Independence After College; First Gen Connect peer support groups • Online

Plea - plea.ca/drop-in/gen-out

Gen-Out group: LGBTQ+ youth exploring gender and sexuality (ages 14-18) • In-person | Online

Qmunity - qmunity.ca/youth

Gab Youth and Gab Youth JR. support groups for LGBTQ+ • In-person | Online

Spirit of the Children Society - sotcs.ca/youth

Tweenies group for Indigenous youth • In-person

Urban Native Youth Association - unya.bc.ca/programs/2-spirit-collective

Two-spirit collective • In-person

YMCA - <https://www.qv.ymca.ca/mental-wellness>

Y-Mind Series (child, youth, adult): Mindfulness training • In-person | Online

The Youth Space - theyouthspace.com/rainbow-connections

Rainbow Connection (LGBTQ+) • In-person

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