Recovery College VCH

Program Calendar

NOVEMBER 2026







Spotlight on Mental Health

SpotlightOnMentalHealth.com

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Categories

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- Peer Support
- Consumer Initiative Fund
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- SMART Recovery
- Sunshine Coast

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29	30 SMART Recovery Meeting (Robert Lily Lee Community Health Center)					

Recovery College VCH offers courses and groups that cover a range of wellness related topics aimed at helping people improve their health and well-being.
All programs are run by peers and free for folks who self-identify as a peer.

TO REGISTER: SpotlightonMentalHealth.com/EventsCalendar

Events are subject to change. Please check the events calendar on our website for the most updated calendar.

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Peer Led Workshops

Voices & Visions

Based on the international Hearing Voices Network model, Voices & Visions support groups are peer-led support groups that explore living well with voices, visions, and other unique sensory experiences and/or beliefs. Voices & Visions support groups are intended as safe(r), supportive spaces where people can speak openly about their experiences without fear of judgment, exchange strategies and ideas, and build community.

Open to those with lived experience and their supporters!

Organizer:

Peer Led Workshops, Vancouver Coastal Health
Phone: 604-708-5274
Email: info@spotlightonmentalhealth.com

Date	Time	Location
Nov 3, 2026	3:00pm to 4:00pm	In-Person at VCH Willow Pavilion 1st Floor Community Centre-805 W 12th Ave, Vancouver, BC, V5Z 1N1
Nov 6, 2026	2:30pm to 3:30pm	Virtual. To Register, visit: SpotlightonMentalHealth.com/EventsCalendar
Nov 9, 2026	2:00pm to 3:00pm	In-Person at VCH South MHSU #200-1200 W 73rd Ave, Vancouver, BC V6P 6G5
Nov 14, 2026	2:30pm to 3:30pm	Virtual. To Register, visit: SpotlightonMentalHealth.com/EventsCalendar
Nov 17, 2026	1:30pm to 2:30pm	Virtual. To Register, visit: SpotlightonMentalHealth.com/EventsCalendar
Nov 20, 2026	2:30pm to 3:30pm	In-Person at VCH Three Bridges CHC 1128 Hornby St, Vancouver, BC V6Z 2L4
Nov 28, 2026	2:30pm to 3:30pm	Virtual. To Register, visit: SpotlightonMentalHealth.com/EventsCalendar

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SMART Recovery

The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviours.

The 4-Point Program offers specific tools and techniques for each of the program points:

1. building and maintaining motivation
2. coping with urges
3. managing thoughts, feelings and behaviours
4. living a balanced life

SMART Recovery is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research.

Date	Time	Location
Nov 2, 2026	3:30pm to 4:30pm	Robert and Lily Lee Family Community Health Centre Room 325, 1669 East Broadway Vancouver, BC V5N 1V9
Nov 3, 2026	3:00pm to 4:00pm	Three Bridges Community Health Centre Room 123, 1128 Hornby Street, Vancouver, BC, V6Z 2L4
Nov 9, 2026	3:30pm to 4:30pm	Robert and Lily Lee Family Community Health Centre Room 325, 1669 East Broadway Vancouver, BC V5N 1V9
Nov 10, 2026	3:00pm to 4:00pm	Three Bridges Community Health Centre Room 123, 1128 Hornby Street, Vancouver, BC, V6Z 2L4
Nov 16, 2026	3:30pm to 4:30pm	Robert and Lily Lee Family Community Health Centre Room 325, 1669 East Broadway Vancouver, BC V5N 1V9
Nov 17, 2026	3:00pm to 4:00pm	Three Bridges Community Health Centre Room 123, 1128 Hornby Street, Vancouver, BC, V6Z 2L4
Nov 23, 2026	3:30pm to 4:30pm	Robert and Lily Lee Family Community Health Centre Room 325, 1669 East Broadway Vancouver, BC V5N 1V9
Nov 24, 2026	3:00pm to 4:00pm	Three Bridges Community Health Centre Room 123, 1128 Hornby Street, Vancouver, BC, V6Z 2L4
Nov 30, 2026	3:30pm to 4:30pm	Robert and Lily Lee Family Community Health Centre Room 325, 1669 East Broadway Vancouver, BC V5N 1V9
Dec 1, 2026	3:00pm to 4:00pm	Three Bridges Community Health Centre Room 123, 1128 Hornby Street, Vancouver, BC, V6Z 2L4



Creative Writing Course (In-Person) - Sechelt

This 8-session creative writing group offers a fun, supportive space to explore creativity, wellness and self-expression through writing. No experience required — only curiosity! The program is facilitated by Victoria Maxwell, a peer facilitator, playwright and mental health speaker who has lived experience of bipolar disorder, psychosis and anxiety.

To Register please contact Amanda Schell at:

(604) 886—1860 ext. 2241 or email
Amanda.schell@vch.ca

Upcoming Sessions:

Wednesdays October 28—December 16 1:30pm—3:00pm

Location:

Rockwood Lodge Art Room 5511 Shorncliffe Ave Sechelt



Workplace Wellbeing & Career Empowerment

Finding Your Dream Job – Through Purpose and Ikigai

A Virtual Workshop held on Zoom

This is the first workshop in a series designed for individuals who have faced barriers to finding or sustaining meaningful work, including those navigating mental health challenges, workplace stress, or systemic obstacles.

The workshops provide a safe, inclusive, and non-judgmental space for individuals to reflect, connect, and learn alongside others with shared experiences.

In these interactive sessions, participants will explore their values, strengths, and career interests, while gaining practical tools to navigate employment, prevent burnout, set boundaries, and cultivate a growth mindset.

Register: Link to Google Form

View more details on the project page: https://spotlightonmentalhealth.com/cif-project-page-workplace-wellbeing/
Questions? Contact the event organizer: KatieWongConsulting@gmail.com



Upcoming Sessions:

Date: Nov 10, 2026
Time: 5:00pm to 7:00pm
Location: Virtual (zoom)

Peer Work Network Meeting
– Nov 19, 2026 –
An Update on MIRA, the Mental Health Virtual Assistant

Date: Nov 19, 2026
Time: 3:00pm to 4:30pm
Location: Virtual (Zoom)

Please email peerworknetwork@vch.ca to register and to obtain the Zoom link

A virtual presentation by Ken Porter, Director AI and Digital Health – Mood Disorders Society of Canada.
Please email peerworknetwork@vch.ca to register for the Zoom link.





Consumer Initiative Fund Deadlines

CIF Crisis Grant – Application Deadline

The Consumer Initiative Fund (CIF) provides funding to support individuals who are unable to cover essential costs due to an unexpected circumstance.

The Crisis Grant is reserved to provide financial assistance when no other funding sources are available.

12 grants of $85 are available each month. Health care workers must apply on behalf of their clients. Applications are selected by random draw twice per month.

Applications are open until 1pm on the deadline date.
Learn more and apply:

SpotlightOnMentalHealth.com/cif/crisisgrant

Deadlines:

November 3, 2026 at 1:00pm
November 17, 2026 at 1:00pm

CIF Art Grant – Application Deadline

he CIF Art Grant provides an opportunity for artists to purchase art supplies. This $85 grant is offered 4 times per year. Eligible applicants are selected by random draw. Vancouver residents who are consumers of mental health and/or substance use services are encouraged to apply.

Applications are open until midnight on the deadline date.
Learn more and apply: SpotlightOnMentalHealth.com/cif/art-grant/

SpotlightOnMentalHealth.com/cif/crisisgrant

Deadlines:

November 6, 2026

Peer Led Workshops

Your Personal Recovery Journey - Virtual

Date: 6 weekly sessions from Nov 4 to Dec 16 **Time:** 2:00pm to 4:00pm **Location:** VCH Willow Pavilion 1st Floor 805 W 12th Ave, Vancouver, BC, V5Z 1N1

Newly Updated Workshop

The creators of Your Recovery Journey workshop have introduced the updated **Your Personal Recovery Journey** workshop, which we are excited to pilot! This new multi-session workshop uses the CHIME framework for recovery: **Connectedness, Hope and Optimism, Identity, Meaning,** and **Empowerment**. Participants will have the opportunity to explore their own recovery journeys and deepen their understanding of these core elements of recovery.

Event Details

Peer facilitators lead this 2-hour workshop throughout **6 interactive weekly sessions from November 4 to December 16 (no session on stat holiday: Nov 11).** Through the series, participants develop their own personal recovery strengths and explore practical ways to apply what they learn to their everyday lives.

What You'll Explore:

- **The CHIME Framework:** Recovery and the five key processes that are essential to life and recovery: **Connectedness**, **Hope and Optimism**, **Identity**, **Meaning**, and **Empowerment**.
- **Lived Experience Stories:** Watch videos and engage in discussions about real-life experiences related to the topics of each session.
- **Reflection and Discussion:** Reflect on and discuss personal thoughts and experiences, sharing them if comfortable.

Session Topics:

1. **Intro to Recovery:** Why is self-reflection important to my recovery journey? Imagining the life you want to live.
2. **Connectedness:** What does connectedness mean? Why it is important to my recovery? What can I do to create and maintain social connections?
3. **Hope and Optimism:** What is hope and why is it important? How can hope be nurtured? What is optimism and how can I build and maintain it?
4. **Identity:** Rebuilding a positive sense of who you are? Why is having a sense of identity important to recovery? Overcoming stigma.
5. **Meaning and Purpose:** What is meaning and purpose? Why is it important to my recovery? How do I find, define, build, or rebuild meaning and purpose in my life?
6. **Empowerment:** Why is empowerment important to my recovery? How can I empower myself?

Register by November 3, 2026

Contact us for more details: info@spotlightonmentalhealth.com

Please note: Workshops/Sessions may be canceled due to low registration or unforeseen circumstances. We will contact you via the email you provide prior to the session to notify you of any changes. Kindly ensure your email address is valid.

Peer Led Workshops

Navigating Relationships - (In-Person)

Come away from this single-session workshop with tools to recognize and create healthy relationships.

Event Details:

Date: Nov 12, 2026
Time: 2:00pm - 4:00pm
Location: Virtual

Come away from this single-session workshop with tools to recognize and create healthy relationships.
Event Details
This interactive 2-hour peer-led workshop is designed to help you explore what healthy relationship roles and dynamics look like in everyday life. Research indicates that understanding our own needs and boundaries can lead to more satisfying and stable relationships. Evidence also shows that positive social connections are linked to improved mental health, lower stress, and a greater sense of belonging.
Learn how to:

- Build a deeper understanding of the characteristics of thriving relationships
- Identify common barriers to building and maintaining positive relationships
- Apply strategies that support you in showing up as a caring friend, partner, and family member

*Includes a written activity.
Created in partnership with CMHA College Manitoba and Winnipeg.
To help ensure participant safety, engagement, and group privacy, we ask that all attendees keep their **cameras on during workshop sessions**. If you have accessibility needs or other concerns, please **contact us** in advance to discuss accommodations.
Registration with valid email address is required to receive the Zoom link information. Contact us if you do not receive a confirmation email with Zoom link after registering.
If you require a hard copy of the workshop materials, please **contact us before the session begins and with enough time for delivery by Canada Post**. Please include the event name and your full mailing address in your request. Participants who do not request hard copy of the workshop materials will receive PDF versions by email.
Register by November 11, 2026
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Peer Led Workshops

Embracing Acceptance - Virtual

Come away from this single-session workshop with practical tools to let go of resistance, navigate difficult emotions, and respond to life's challenges with greater acceptance and self-compassion.

Event Details **Date: Nov 26, 2026 Time: 2:00pm to 4:00pm Location: Virtual**

Peer facilitators lead this 2 hour workshop designed to introduce participants to the practice of radical acceptance. Through discussion, self-reflection, and practical exercises, participants will explore how accepting reality as it is, rather than how we wish it to be, can help reduce suffering and support emotional well-being. Participants will learn strategies for letting go of unhelpful resistance, managing difficult emotions, and building greater resilience, self-compassion, and acceptance in everyday life.

Learn how to:

- Understand the meaning of radical acceptance and how it differs from approval or giving up
- Recognize when you are resisting reality
- Let go of unhelpful struggles with the past or things beyond your control
- Build resilience through acceptance and self-compassion
- Use practical tools to support acceptance in daily life

*Includes guided self-reflection and practical exercises to support the development of radical acceptance skills. Sharing is always optional.
Created in partnership with CMHA College Manitoba and Winnipeg.
To help ensure participant safety, engagement, and group privacy, we ask that all attendees keep their **cameras on during workshop sessions**. If you have accessibility needs or other concerns, please **contact us** in advance to discuss accommodations.

Registration with valid email address is required to receive the Zoom link information. Contact us if you do not receive a confirmation email with Zoom link after registering. Please note that the same Zoom link will be used for every session of this workshop.
If you require a hard copy of the workshop materials, please **contact us before the session begins and with enough time for delivery by Canada Post**. Please include the event name and your full mailing address in your request. Participants who do not request hard copy of the workshop materials will receive PDF versions by email.

Register by October 27, 2026
Please note: Workshops/Sessions may be canceled due to low registration or unforeseen circumstances. We will contact you via the email you provide prior to the session to notify you of any changes. Kindly ensure your email address is valid.

Peer Led Workshops

Insight into Anxiety – (Virtual)

Event Details **Date:** Nov 5, 2026 **Time:** 2:00pm to 4:00pm **Location:** Virtual

Peer facilitators lead this 2-hour workshop designed to help you deepen your understanding of anxiety and discover useful coping strategies. Research suggests that understanding how anxiety works can decrease fear and increase a sense of control. Evidence also shows that practicing coping strategies regularly supports long-term anxiety management.

Come away from this single-session workshop with tools on how to recognize and manage anxiety. Learn how to:

- Recognize common symptoms and emotional patterns
- Reduce shame and isolation by building insight and connection
- Strengthen resilience and take meaningful steps toward emotional wellbeing
- Establish your own toolkit for daily use

*Includes a guided reflection to recall a moment of anxiety and draw insight from the experience; a breathing exercise to demonstrate deep-breathing techniques for anxiety management; and a written activity that helps participants identify “thinking traps,” challenge unhelpful patterns, and reframe their perspective in a more balanced way.
Created in partnership with CMHA College Manitoba and Winnipeg.

To help ensure participant safety, engagement, and group privacy, we ask that all attendees keep their cameras on during workshop sessions. If you have accessibility needs or other concerns, please contact us in advance to discuss accommodations.
Registration with valid email address is required to receive the Zoom link information. Contact us if you do not receive a confirmation email with Zoom link after registering.

If you require a hard copy of the workshop materials, please contact us before the session begins and with enough time for delivery by Canada Post. Please include the event name and your full mailing address in your request. Participants who do not request hard copy of the workshop materials will receive PDF versions by email.

Register by November 4, 2026
Please note: Workshops/Sessions may be canceled due to low registration or unforeseen circumstances. We will contact you via the email you provide prior to the session to notify you of any changes. Kindly ensure your email address is valid.