

Art Opportunities in Mental Health: Vancouver Resources



Gallery Gachet

Who we are: A non-profit artist run centre in the Downtown Eastside.

What we offer: A number of different workshops are offered once per week, such as the Expressive Arts or Pottery. Please contact Gallery Gachet for current offerings. There are also opportunities for volunteering. Gallery Gachet is open for visits and art exhibitions Wed. - Sun., 12-6 pm.

Eligibility: Volunteering and select workshops are open to general public. To be eligible for Expressive Arts Workshop, one must be a member of West Coast Mental Health Network (call 604-733-5570 to become member).

How to Get Involved: Attend an info session/volunteer orientation on the third Thursday of each month at 6 pm.

Cost: Some opportunities are at no cost, while others require a donation.

Contact:
Phone: 604.687.2468

Email: contact@gachet.org
Website: www.gachet.org/

88 East Cordova St.
Vancouver, BC V6A 1K3

Headway Centre – Community Leisure Program

Who we are: The CLP is a flexible and individualized program to help people access community resources. It operates out of the New Westminster Headway Centre.

What we offer: Drop in art studio time and an arts and crafts program.

Eligibility: Individuals aged 19-24 who have experienced a brain injury. Referrals must be made through the Fraser Health Authority Acquired Brain Injury Program.

How to Get Involved: Contact for details.

Cost: Determined on a per-activity basis. CLP strives to cover some costs.

Contact:
Phone: 604.520.0130
Website: <http://howesound.net/headway>

319 Columbia St.
New Westminster, BC V3L 1A7

MPA Community Resource Centre

Who we are: MPA (Motivation, Power and Achievement Society) Community Resource Centre (CRC) provides a welcoming community setting for members to socialize and engage in recreational activities.

What we offer: A drop-in Art Room is open a few hours per week, and various art and craft activities are also offered at times. Please contact the CRC for more details.

Eligibility: Must have received mental health services at some point in life.

How to Get Involved: Drop by CRC. An individual can get involved right away after staff give a brief orientation.

Cost: There is no cost for membership.

Contact:
Phone: 604.482.3712
Website: www.mpa-society.org/crc.php

1731 West 4th Ave.
Vancouver, BC V6J 1M2

My Artists Corner (MAC)

Who we are: A member-driven program offering a welcoming environment for members to learn art techniques, produce, display, and sell art.

What we offer: Courses in drawing and painting. There are also opportunities to participate in workshops, guest speaker sessions, an annual art show, and opportunities to volunteer. MAC is open Tuesdays and Fridays.

Eligibility: Consumers of mental health services age 19+

How to Get Involved: To gain membership, one must attend two sessions of CMHA's Actively Artistic program, held on Thursday afternoons, and then complete a membership form.

Cost: \$10 monthly membership fee

Contact:
Phone: 604.526.9606
Email: myartistscorner.1@gmail.com

Website: <http://myartistscorner.ca/>

CMHA Burnaby Recreation Center
109-7355 Canada Way
Burnaby, BC V3N 4Z6

Open Door Group – Leisure Services

Who we are: A non-profit organization that provides employment and leisure programs, including various art-related classes.

What we offer: Examples of classes and programs may include Photography and Creative Arts. Please contact for more details and current schedule.

Eligibility: Resident of Vancouver with a mental health condition, age 18+

How to Get Involved: Attend an intake/orientation sessions on the 1st or 3rd Tuesday of the month from 11am-12pm.

Cost: No cost for eligible participants.

Contact:
Phone: 604.876.0773
Email: leisure@opendoorgroup.org
Website: www.opendoorgroup.org

300-30 East 6th Ave.
Vancouver, BC V5T 1J4

The Kettle Friendship Society- Drop-in Programs

Who we are: The Kettle Friendship society is a non-profit agency providing support and services to those living with mental illness.

What we offer: The drop-in program offers various daily activities, including arts and crafts. Please contact the society for details.

Eligibility: Individuals with a diagnosed mental health condition, age 19+.

How to Get Involved: Drop in during open hours or call the number below for details.

Cost: \$1 per year
Contact:
Phone: 604-251-2854
Website: <http://www.thekettle.ca/>

1725 Venables St.
Vancouver, BC V5L 2H3

Note: Unless specifically indicated, services may be available to youth (age 16+), and individuals living outside Vancouver.