

2026 Peer Support and Skills Dates

Month/Date	Online/In-Person	Month/Date	Online/In-Person
January 13, 2026	In-Person (Langley)	August 11, 2026	In-Person (Langley)
January 20, 2026	Online	August 18, 2026	Online
February 10, 2026	In-Person (Langley)	August 26, 2026	In-Person (South Surrey)
February 17, 2026	Online	September 8, 2026	In-Person (Langley)
March 10, 2026	In-Person (Langley)	September 15, 2026	Online
March 17, 2026	Online	September 30, 2026	In-Person (South Surrey)
March 25, 2026	In-Person (South Surrey)	October 13, 2026	In-Person (Langley)
April 14, 2026	In-Person (Langley)	October 20, 2026	Online
April 21, 2026	Online	October 28, 2026	In-Person (South Surrey)
April 29, 2026	In-Person (South Surrey)	November 10, 2026	In-Person (Langley)
May 5, 2026	In-Person (Langley)	November 17, 2026	Online
May 12, 2025	Online	November 25, 2026	
May 27, 2026	In-Person (South Surrey)	December (TBA) *	In-Person (South Surrey)
June 9, 2026	In-Person (Langley)	December (TBA)	Online
June 16, 2026	Online		
June 24, 2026	In-Person (South Surrey)		

* December's in-person meeting date is reserved for our annual community holiday gathering
Langley and Online groups take place from 7-8:30pm PT
South Surrey group takes place from 6-7:30pm PT
All dates provided are tentative and subject to change. Please check our website regularly for updates.

Please email lauryn@emotionsbc.ca for questions or assistance with group registration.