

# JOIN US! OCTOBER 5-11TH 2020 MENTAL ILLNES AWARENESS WEEK!

COVID-19 health & safety guidelines in place

**MON  
OCT 5TH**

**Mindfulness Online**  
9am-9:30am  
Zoom:  
<https://us02web.zoom.us/j/81708326938>  
Meeting ID:  
817 0832 6938  
or by  
Telephone:  
+1.778.907.2071

**'Song Club' Online**  
11am - 12pm  
To sign up contact:  
Nanika  
250.804.5628

**TUES  
OCT 6TH**

**'Drop -In'  
at Marine Park**  
1:30-3:00pm  
To sign up contact:  
Nanika  
250.804.5628.

**Birding at the Wharf**  
3pm- 5pm  
Email Rachael if  
interested:  
[rachael.runge@cmha.bc.ca](mailto:rachael.runge@cmha.bc.ca)  
(bring binoculars,  
camera or journal)

**WED  
OCT 7TH**

**Walking Group  
(meet at CMHA)**  
10am-11am  
To register contact  
Lorrie by email:  
[lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)

**THURS  
OCT 8TH**

**'Creative  
Connections' at  
Marine Park**  
1:30-3:00pm  
To sign up Contact:  
Nanika 250.804.5628

**Birding at the Wharf**  
3pm-5pm  
Email Rachael if  
interested:  
[rachael.runge@cmha.bc.ca](mailto:rachael.runge@cmha.bc.ca)  
(bring binoculars,  
camera or journal)

**Community Music Jam  
at Marine Park Gazebo**  
3:30-4:30pm To sign up  
Contact: Nanika  
250.804.5628

**FRI OCT  
9TH**

**In celebration of  
Mental Illness  
Awareness Week  
visit our Thrift  
Shoppe  
It's \$2 Sales Day**  
Store Hours: 10am-3pm  
433 Hudson Ave. NE

**Journaling Online  
(connecting to self  
through journaling)**  
Friday October 23rd  
2pm-3:30pm  
To register contact  
Lorrie by email:  
[lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)

EVERYONE IS WELCOME! WE ALL HAVE MENTAL HEALTH.