

WEEKLY PLANNER

MONDAY

Learning Studio

- Peer Café 10:30am – 12:00pm
Foxridge Rm 11
 - Contact Abby 250 804 9230

Creative Studio

- Music Monday 1:00pm – 2:30pm
 - Contact Nanika 250 804 5628

TUESDAY

Outdoor Studio

- Social House 1:00pm – 2:30pm
Every Tuesday except October 19
 - Contact Nanika 250 804 5628

WEDNESDAY

Kitchen Studio

- 10:30am – 12:00pm
 - Contact Abby 250 804 9230

Participant Funding

- Applications Due – October 20
- Meeting – October 27 at 1:30pm

Outdoor Studio

- Walk for Health 1:00pm – 2:30pm
 - Contact Melanie 250 804 9617

THURSDAY

Learning Studio

- Accepting Our Best Self 9:00am – 10:30am
October 14, 28
 - Contact Abby 250 804 9230

Creative Studio

- Creative Connection 1:00pm – 2:30pm
 - Contact Nanika 250 804 5628

FRIDAY

Creative Studio

- Journaling 10:30am – 12:00pm
 - Contact Melanie 250 804 9617

Learning Studio

- Peer Café 1:00pm – 2:30pm
 - Contact Abby 250 804 9230

OCTOBER 2021 NEWSLETTER

CMHA STUDIOS IS OPEN



Come Join Us Thursday Mornings

9:00am – 10:30am October 14 & 28

CMHA Studios

Learn • Grow • Connect





Mondays 1:00 – 2:30pm

Depending on the weather Music Mondays 1:00-2:00pm will be either an outdoor 'Community Music Jam' or 'Song Club' an online music sharing group. The 'Community Music Jam' will be held at Marine Park just up from the gazebo, look for us in the shade. I will bring chairs, some drums and shakers and an extra guitar for those who would like to join in the music. On days where the weather is not agreeable, we will be meeting online for 'Song Club', a place to share your love for music and connect with others.

Contact Nanika with your phone and/or e-mail if you're interested so I can keep you up to date of where the group will be happening each week.

Song Club

Sharing a song with you, 'feeling good' by Nina Simone. With October being one of the best months for bundling up and stepping outside I hope this song inspires you to embrace the day and enjoy all it has to offer. I wonder how you will enjoy your day today. Let me know how it goes or join me at Song Club to share a song and what it means to you. <https://youtu.be/oHs98TEYecM>



Nanika - cell phone: 250 804-5628 or e-mail: nanika.albricht@cmha.bc.ca



Thursdays 1:00 -2:30pm

This group is for those who would like to spend some time along with others and do some art making. This group will be in person or online depending on the most up to date protocols for keeping everyone feeling safe.

There will be some led instruction for getting you set up and started in creating your art . You are also welcome to join the group and work on your own project while we share a space to create, have fun and connect.

For the online groups, all that is required is pen and paper.

Additional supplies will be given for special projects. To sign up for 'Creative Connection' or 'Make My Day' Project contact Nanika: 250 804-5628 or nanika.albricht@cmha.bc.ca



Tuesdays 1:00pm – 2:30pm
Except October 12

Come be yourself, share and have some laughs for a nice afternoon of connecting with others. Heading into the fall as protocols shift and change, we will keep you updated weekly as to the meeting place and activity. Let me know if you are interested to join, I would be happy to address any barriers you may have for joining and let you know more details of the group for each week

To sign up contact Nanika: 250 804-5628 or nanika.albricht@cmha.bc.ca



TRAIN YOUR BRAIN THURSDAYS
Time: 9am-10:30am, Thursdays
Dates: October 7- 23th 2021
Location: CMHA Studios 433 Hudson AVE. NE
(Entrance off of 4th ST. NE)
Contact: Abby at 250-804-9230

The Learning Studio is full of excitement with its course offerings. Here is a sampling of what's coming:

- Mindfulness 101
- Ethnic Food Knowledge and Cooking
- Harm Reduction
- Walk for Whole Health

Connect with Abby to sign up or to find out more. Call/text: 250-804-9230 or email: abby.heiser@cmha.bc



We are ready to get cooking and learn about foods. Are you interested? Connect with Melanie today! Email: melanie.mohr@cmha.bc.ca or call/text: 250-804-9617



**hudson
thrift
shoppe.**

**Store hours:
Tuesday-Friday
10am-3pm**

**Donations accepted:
Mondays 9am-3pm**

From the lower parking lot off 4th street!

Follow us on

 @ hudsonthriftshoppe
 @ Hudson thrift shoppe- Canadian
Mental Health Association.

Participant Services

Participant Services has been fully engaged in the planning of CMHA Studios and its operation. We meet Wednesday mornings 10:30am – 11:00am and welcome new faces. Connect with Kim, the Participant Liaison if you are interested: participant.services@cmha.bc.ca

Welcome Wilson! Participant Services is happy to announce that Wilson is the new Participant Funding volunteer coordinator. Wilson joins Carol to help run the funding program. For any funding program questions, connect with them: participant.funding.sr@cmha.bc.ca or call 250-832-8477 ext. 110

Participant Funding

APPLY NOW FOR FALL AND WINTER ACTIVITIES

Yoga, Gym Passes, Aerobics, Boxing, Tai Chi, Cross Country Skiing, Karate, Singing and Music Instrument Lessons, Photography, Art Classes, Toastmasters, ...
Swimming, and so much more!

Applications Due **October 20**

**Pick Up / Drop Off Applications at the till –
Hudson Thrift Shoppe**

Tuesday to Friday 10:00am – 3:00pm

*Plan to Attend the Meeting on **October 27 at 1:30pm***

For Additional Information
participant.funding.sr@cmha.bc.ca



NEWSLETTER SATISFACTION SURVEY

Please take a few minutes to fill out the survey and return via email or drop off at the till in the Hudson Thrift Shoppe before October 29, 2021. Thank-you. Printed copies of the survey are available at the Thrift Shoppe till.

What is your overall satisfaction with the newsletter?	Very Dissatisfied	Somewhat Dissatisfied	Neutral	Somewhat Satisfied	Very Satisfied
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How often do you read the newsletter?	Always	Frequently	Sometimes	Rarely	Never
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Please rate your satisfaction with the following:	Very Dissatisfied	Somewhat Dissatisfied	Neutral	Somewhat Satisfied	Very Satisfied
- length					
- content					
- layout and images					
- colour					

How important do you find the information in the newsletter?	Totally Unimportant	Somewhat Unimportant	Neutral	Somewhat Important	Very Important
- Weekly Planner					
- Description of Activities and Special Events					
- Introduction of Staff Members					
- Articles, Artwork, Poems, Pictures by or of Participants					
- Kitchen Goodies (Recipes)					
- Craft Projects					
- Other (identify)					

What can we do to improve the newsletter? Other Comments:

How often would you like to receive the newsletter?	Monthly	Every 2 Months	Every 3 Months	Other
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Would you be interested in providing content for the newsletter? If yes, please include your name, and preferred contact information.	Name
	Contact