

MONTHLY PLANNER



MARCH 2023



Ukrainian Egg Decorating

March 1, 8, 15, 22, 29
1:00 - 2:30pm

Register Online
cmhalearningstudios.ca

For More Information
Contact Carol Carol
250 250 832 8477 ext. 110
Abby 250 804 9230



Sunday, March 12, 2023,
2:00am



Monday	10:00AM - 12:00PM
Tuesday	1:00PM - 3:00pm
Wednesday	9:30AM - 12:pm & 2:00PM - 4:00PM
Thursday	10:00AM - 12:00PM
Friday	9:30AM - 12:00PM & 2:00PM - 4:00PM



For other programming, visit our website: cmhalearningstudios.ca



www.cmhalearningstudios.ca

Sign up for events on our website!



Keep in touch over social media!

Search Facebook for: Canadian Mental Health Association Shuswap-Revelstoke

Search Instagram for: cmhastudios

Hello March

May you be filled with Warmth, Love and Kindness. May you bring an abundance of everything my heart desires, and may you fill my days with the beauty of a smile and the touch of a caring heart.

Rebecca Fox



SOUL VISION HEALING
SOULVISIONHEALING.COM

MARCH 2023

MONDAY

- **9:00am - 12:00pm** Drop In
- **10:00am - 3:00pm** Thrift Shoppe Donations Accepted
- **10:00am - 12:00am** Toast and Toppings
- **10:00am - 12:00pm** Service Navigation
- **10:30am - 12:00pm** Peer Cafe (Foxridge)
- **1:30pm - 3:00pm** Music Mondays

TUESDAY

- **10:00am - 3:00pm** Thrift Shoppe Open
- **1:00pm - 2:30pm** - Social Rec. - Gym or Swim and Trips to Vernon (Check the following pages)
- **1:00pm - 3:00pm** - Drop In

WEDNESDAY

- **10:00am - 3:00pm** Thrift Shoppe Open
- **9:30am - 12:00pm** Peer Liaison Drop In
- **10:00am - 11:30am** Tai Chi (March 1)
- **1:00pm - 2:30pm** Ukrainian Egg Decorating
- **2:00pm - 4:00pm** Drop In
- **2:00pm - 4:00pm** Housing & Service Navigation

THURSDAY

- **10:00am - 3:00pm** Thrift Shoppe Open
- **10:00am - 12:00pm** Peer Funding Drop In
- **10:00am - 1:00pm** Drop In
- **12:00pm - 12:30pm** Lunch (Menu inside)
- **1:00pm - 2:30pm** Creative Connections

FRIDAY

- **9:30am - 12:00pm** Drop In
- **10:00am - 3:00pm** Thrift Shoppe Open
- **9:30am - 12:00pm** Peer Liaison Drop In
- **12:00pm - 1:00pm** Friends Who Flex
- **2:00pm - 4:00pm** Drop In
- **2:00pm - 4:00pm** Friendship Fridays
- **2:00pm - 4:00pm** Peer Navigation

SATURDAY

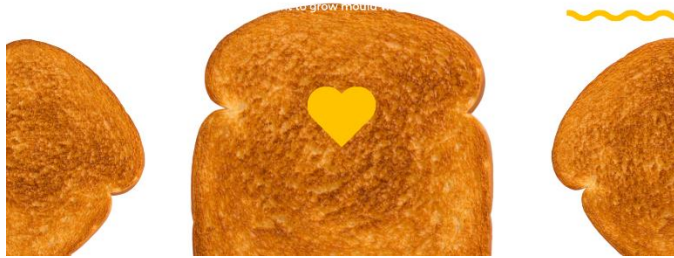
- **10:00am - 2:00pm** - Thrift Shoppe Open
- **10:00am - 2:00pm** - Thrift Shoppe Donations Accepted



KITCHEN



TOAST & TOPPING
MONDAYS
10AM - 12NOON



Join us for free Toast and Toppings, coffee or tea in the Studios! Please bring your favourite coffee mug! No sign up required just drop in!

MUSIC



MAKING MUSIC MONDAYS
 MONDAYS 130-300PM
 CMHA LEARNING STUDIOS
 CONTACT: SEVERN
 (250) 804-9148

COME OUT AND:
 PICK SONGS TO PLAY
 LEARN ABOUT MAKING MUSIC
 CLAP, SING, DANCE, DRUM
 OR PLAY AN INSTRUMENT!

FOR MUSIC LOVERS & LEARNERS
NO JUDGEMENT ZONE!!!

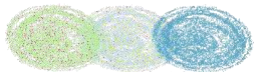
Thursdays 12 noon	MARCH 2 Surprise Lunch
Reservations	MARCH 9 Taco Salad
Call on or before 11am on Wednesdays 250 832 8477 ext 110	MARCH 16 Snow Day at Larch Hills
Cost	MARCH 23 Cranberry Chicken & Veggies
\$4.00 - Peers	MARCH 30 Sloppy Joes and Coleslaw
\$5.00 - Staff / Guests	FREEZER MEALS Sometimes meals are available - check with Carol
Notes	
Fees increasing 50 cents beginning in April	

MUSIC IS LIFE

THAT'S WHY
OUR HEARTS
HAVE BEATS

*Bon
appetit*

CREATIVITY






Ukrainian Egg Decorating
 March 1, 8, 15, 22, 29
 1:00 - 2:30pm

Register Online
cmhalearningstudios.ca

For More Information
 Contact Carol Carol
 250 250 832 8477 ext. 110
 Abby 250 804 9230



Wednesday afternoon is a great time to learn a new skill, work on your own project, meet new friends, and chat with others. Everyone is welcome. For more information contact Carol.



CREATIVE CONNECTION
THURSDAYS MARCH 7TH - 28TH
1:00 - 2:30PM

TYE DYE
 Join us as we explore tye dye in March
 Please bring your own item to dye.
 (shirt, socks, etc)
 All dye supplies provided.

For more info or questions
 connect with
Mandee 250 804 9617




Join Mandee for the Tye Dye activity or work on your own project. Have fun and connect with others.

SOCIAL






Peer Cafe

Come connect, play cards and chat
 about all things community, CMHA and life!

Monday 10:30-12, Foxridge #11, 2nd ST SE

Any questions please reach out to Abby @
250-804-9230
abby.heiser@cmha.bc.ca



Tuesdays 1:00-2:30

Social Rec

March 7th	Gym & Swim- Your choice of gym session or pool swim
March 14th	Gym & Swim- Your choice of gym session or pool swim
March 21st	Vernon- Welcoming Spring with a day trip to BX falls. Open to all fitness levels
March 28th	Vernon- Following ministry payday. Join the group for an afternoon of checking out Village Green Mall



CALL MANDEE FOR MORE
INFO 250 804-9613



SOCIAL





Join us Friday afternoons between 2:00 and 4:00pm for free Coffee, Tea, Crackers, and Friendship!

LEARNING



LIVING LIFE TO THE FULL

12 Hours That Can Change Your Life!

Want to know how to feel happier, more confident, and worry less about right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is a fun and interactive course that will help you understand your feelings, thoughts, and behaviours, and what to do about them!

March 6 to May 1
 Mon, 2 - 4 p.m.
 \$35 +GST
 Participants must be between the ages of 18-24

This course is partially funded by the CMHA Shuswap branch



For more information or to register:
 Call the Salmon Arm campus at 236-420-6713
 or register in-person on campus.



CONTINUING STUDIES




Snow Day

RESCHEDULED
 At Larch Hills

Thursday March 16
 10:00 AM - 2:00PM

Snow shoeing, board games,
 sub sandwiches and cookies

Dress warmly if you intend to be outside

Rides available at 9:30am
 from CMHA Learning Studios

Register online at:
www.cmhalearningstudios.ca




Join Us For Journaling!
 Join us every week as we explore different themed prompts, laugh, share and dance together.

Fridays at 10:30 am
 In the comfort of your home via Zoom

Contact: Severn 250-804-9148
 Severn.Nelson@cmha.bc.ca
 or register online at CMHALearningStudios.ca



LEARNING



Listening And Reflecting



Listening in helpful ways is an ongoing journey as we relate to people in our everyday life. As relationships evolve and change, so do our conversations. In this workshop we explore the art of asking questions and seek out different ways of connecting with one another.

A practice based workshop with Emily Bostrom and Akeiko Rawn

When: March 28th & 29th

Time: 9:30am-12pm

Location: CMHA Studios

Sign up online -

www.cmhalearningstudios.ca

Contact: Abby @

250-804-9230



FITNESS



Friends Who Flex

Whether it's your first time at the gym or you are a seasoned professional this group is all about connections, learning from each other and supporting mind-body health. Join Wilson and Abby at Anytime Fitness for a free drop-in group. All ages and abilities welcome (rides available).

When: Friday @ 12

Where: Anytime Fitness - 2890 10th Ave NE

Contact: Abby - abby.heiser@cmha.bc.ca

250-804-9230



Canadian Mental Health Association
Shuswap-Revelstoke
Mental health for all



DO YOU LOVE DOGS?

LOOKING FOR 3-4 PEERS



THE LEARNING STUDIO IS LOOKING TO CREATE AN EXCITING WORKSHOP WITH THERAPY DOGS, THEIR TRAINERS AND PEERS

CONTACT ABBY IF YOUR INTERESTED 250-804-9230



DROP-IN SERVICES



Drop-in Services



Questions about mental health, substance use or housing? CMHA can help:

Service Navigation, education, self-care promotion, family support, build resilience & coping skills

Homeless Outreach, support finding & maintaining housing, supplements for rent & other housing related costs

Peer Services, a welcoming space to connect with fellow peers with lived and living experience to listen, encourage, exchange ideas, engage in programming, activities and courses to support mental health and wellbeing

Service Navigation

Peer Liaison

Mondays 10am-12pm
Fridays 2pm-4pm

Wednesdays 9:30am-12pm
Fridays 9:30am-12pm

Homeless Outreach

Peer Funding

Wednesdays 2pm-4pm

Thursdays 10am-12pm



Canadian Mental Health Association
Shuswap-Revelstoke
Mental health for all

CMHA Learning Studios
@433 Hudson Avenue NE
(entrance off of 4th St. NE)
Tel: 250-832-8477

PEER FUNDING



Apply for up to \$200 per year for activities like

- Arts – Drawing, Pottery, Painting, Stained Glass, Weaving
- Boxing
- Computer Classes
- Cross Country Skiing
- Education Courses
- First Aid
- Fitness – Aerobics, Gym, Weights
- Golf
- Karate
- Language Classes
- Music – Instrument, Singing
- Photography
- Pool – Aquafit, Swimming
- Tai Chi
- Toastmasters
- Volunteer Training
- Yoga ... and so much more!

For more information or help filling in the application form, drop into the Studios and see Kim Thursdays between 10:00am and 12:00pm.

Applications Due **March 22**

Pick Up / Drop Off Applications
Hudson Thrift Shoppe or in the Studios

For Additional Information
250 250 832 8477 ext. 110
participant.funding.sr@cmha.bc.ca

HUDSON THRIFT SHOPPE



**BAG
DAY
SALE**

Last Friday
Of the
Month

FOR JUST \$5!



**hudson
thrift
shoppe.**

Volunteers Are Our Superstars



Do You Want to Be a Superstar?
It takes 2 hrs/week
Learn new skills
Meet new friends
Volunteering is a fun way to boost your well-being

Contact Jackie today: 250-832-8477 ext. 107



Canadian Mental Health Association
Shuswap-Revelstoke
Mental health for all

**hudson
thrift
shoppe.** Open: Tues-Fri 10-3pm
Saturday 10-2pm

**Donations: Monday 9-3pm
Saturday 10-2pm**

We accept new & gently used:

- Clothing
- Shoes
- Jewelry
- Bedding & linens
- Purses, Bags & luggage
- Books, Puzzles, & Games
- CD's, DVD's, Lp's
- small household appliances
- Fabric, Yarn & Craft Supplies
- one of a kind, unique items

It's my party, and I'll **thrift** if I want to!