

Hello From the Studios!

This coming week at the
Studios April 22nd- 27th





SOCIAL REC VOLUNTEERING WITH SPCA

Volunteer Agreement filled out prior to

SIGN UP REQUIRED

778 946 0207

TUESDAY APRIL 23rd

TIME 1:00- 200 PM

PLEASE MEET AT CMHA

STUDIOS 12:30 PM





Free!!

CMHA GAMES DAY

WEDNESDAY APRIL 24TH
2:30-4:00 PM

Join us at CMHA Studios
433 Hudson Ave

BOARD GAMES, LAUGHS & FOOD -

778 946 0207 for sign up

**JOIN US FOR
WELLNESS WEDNESDAY**

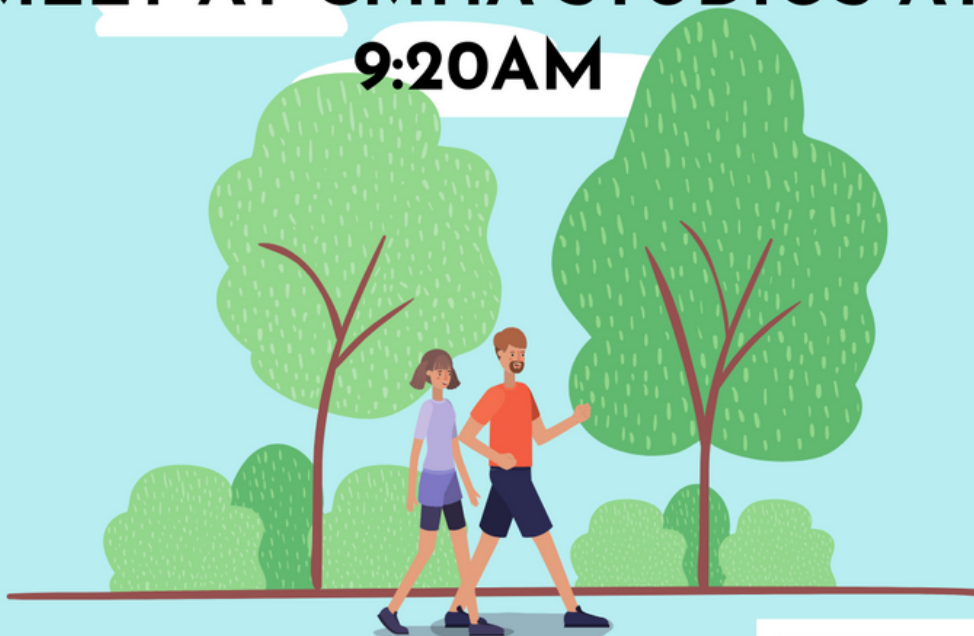
Walk around town

EVERY WEDNESDAY

9:30 -10:00AM

APRIL 3,10,17,24

**MEET AT CMHA STUDIOS AT
9:20AM**



ART FELTING

4 week series 4th, 11th 18th and 25th
1:00–2:30 pm



Location - CMHA Studios
Mandatory sign up required
Only 16 spots available

Please call 778 946 0207 or
email mandee.johnson@cmha.bc.ca
only one sign up required for 4 weeks