

Hello From the Studios!

 This coming week at the Studios 



We will be starting
a wind chimes
series in Art!

**Join us for Peer Lunch. we will be
having ham and scalloped
potatoes with pumpkin pie for
dessert!**



**Please be aware we will be closed
Monday October 2nd for National
Day for Truth and Reconciliation**



Open

Monday	9:00AM - 12:00PM
Tuesday	9:00AM - 12:00PM
Wednesday	9:00AM - 12:00PM
Wednesday Homeless Outreach 2:00PM - 4:00PM	
Thursday	9:00AM - 12:00PM
Friday	9:00AM - 12:00PM
Friday CMHA Housing Inquiries 2:00PM-3:30PM	

Join us every weekday morning to connect, ask questions about your health and wellness, or learn about community support and resources

For afternoon programming, visit our website: cmhalearningstudios.ca

Stop in for mental health and wellness information & get connected to resources in our community



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all

Walking for Whole Health

Walking is a valuable contribution to whole health. Join us for community exploration, and connection while walking together

Tuesdays

1:00pm - 2:00pm

Meet at CMHA Studios

All abilities welcome.

Scooter/wheelchair friendly walks.

Connect with Mande: 250-819-6993





Art

Wind Chimes

Thursdays in October 1:00pm-2:30pm

CMHA Learning Studios



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all

Sign up online at cmhalearningstudios.ca
For more information connect with Mande
250 819 6993

wáy ǵast sǵəlǵát

My name is telxnitkw, it translates into "Standing by Water" and was given to me on the day I was born. I am from the Syilx and Secwepemc nations.



CULTIVATING SAFE SPACES

KEYNOTE ADDRESS

Speaker Elaine Alec

October 3, 2023, 2-3:30 p.m.

Salmon Arm Recreation Center

Elaine Alec is a storyteller, facilitator and CEO of Naqsmist (nux-meest). Using her personal story and extensive experience working in Indigenous governance and decision-making, she will speak to how organizations, educators and individuals can shift systems, decolonize policies and create engagement pathways to deepen support for all residents of Salmon Arm.

Register for a **FREE** ticket through cultivatingsafespaces.eventbrite.ca

Email Mande to register.
Rides provided.
mandee.johnson@cmha.ca





St. John Ambulance
Therapy Dog 

St. John Ambulance
Therapy Dogs

Gus

Border Collie

Join us and Gus the therapy dog!
At the CMHA Studios
Wednesday Drop Ins at 2:00pm



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all

Legal Advocate Drop-in

Wednesday October 4th 2:00pm-4:00pm

**The legal advocate from the Shuswap Family
Centre provides**

- **free legal information**
- **advocacy**
- **assistance with completing applications, forms and accessing information online**
- **referrals and representation where appropriate in the areas of income security, disability benefits, tenancy issues, employment law, seniors issues and debt and consumer law**



**Canadian Mental
Health Association**
Shuswap-Revelstoke
Mental health for all



CMHA
Learning Studios
SHUSWAP - REVELSTOKE



WITH GUDRUN MALMQVIST



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!

Oct. 16 to Dec. 11, 2023

Mon, 4 - 5:30 p.m.

Book fee: \$35 +GST

This course is partially funded by the CMHA Shuswap branch



Association canadienne
pour la santé mentale
Colombie-Britannique
La santé mentale pour tous

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



CMHA Offices, Learning
Studio, and Hudson
Thrift Shoppe will be

Closed
Thanksgiving Day
October 9th 2023



HAPPY
LONG
WEEKEND

