

Hello From the Studios!

This coming week at the Studios



We will continue to have fun with resin casting in Art!

Join us for Beef Dip Sandwiches

and Coleslaw for Peer Lunch









Art

Resin Casting
Thursday September 28th 1:00pm-2:30pm
CMHA Learning Studios
Please be on time

Canadian M



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







Music

For music lovers and learners - a jam session that welcomes new musicians

Mondays 1:30pm-3:00pm CMHA Learning Studios



For more info contact The Learning Studios 250-832-8477 Ext. 106





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.

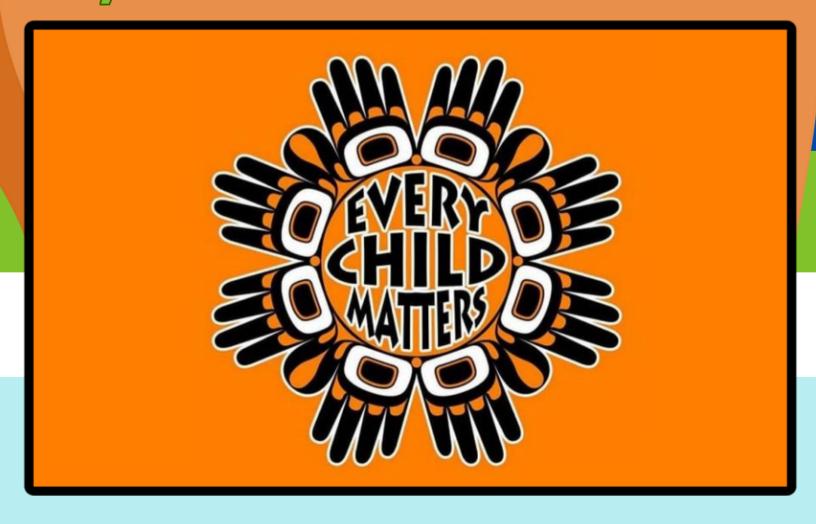
Scooter/wheelchair friendly walks.

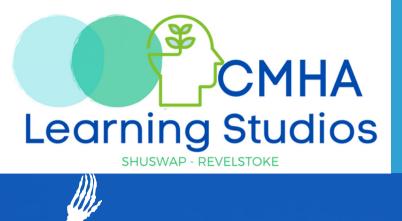
Connect with Mandee: 250-819-6993





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







we plan and reorganize for the







Please reach out to us by phone to register for programs or ask questions!!!

Main Phone
Line:
(250) 832-8477
ext. 106

Please note Abby will be out of office this week

Mandee:

(250) 819-6993