



# WEEKLY NEWSLETTER



This coming week at the Studios Oct 7th - 12th



WORLD MENTAL HEALTH DAY  
October 10

10 OCTOBER



**World**  
**Mental Health**  
**Day**

The graphic features a central pink brain with red neural pathways. It is surrounded by various flowers including white daisies, orange flowers, and green sprigs with orange berries. A teal ribbon banner is positioned across the middle of the brain, containing the text 'Mental Health'. The word 'World' is arched above the brain, and 'Day' is written below it. The background is a light teal color with a white leaf-like shape in the top right corner.



## social Rec FOR **OCTOBER**



Time :1:00 -2:30 pm

**OCT 1ST**



**PUMPKIN SPICED LATTES &  
SUNFLOWER PATCH  
(RIDES AVAILABLE,  
PLEASE MEET AT CMHA AT 12:50 PM)**

**OCT 8TH**



**HALLOWEEN MOVIE &  
POPCORN AT CMHA STUDIOS**

**OCT 15TH**

**DEMILLE'S- PUMPKINS (RIDES  
AVAILABLE,  
PLEASE MEET AT CMHA AT 12:50 PM)**

**OCT 22TH**



**PUMPKIN CARVING  
CONTEST  
AT CMHA STUDIOS**

**OCT 29TH**



**MINI PUMPKIN PIE MAKING-  
HOMEMADE (CMHA STUDIOS)**

**JOIN US FOR**  
**WELLNESS WEDNESDAY**

*Laughing Yoga*  
with Iva Clark

**October 09, 16, 23 & 30**

**10:00- 11:00 AM**

**LOCATION- CMHA STUDIOS**

Please contact  
778 946 0207 or come in person to sign up.

Limited to 15 spots





## ART FOR OCTOBER

Time: 1:00 -2:30 pm | Location: CMHA Studios

October  
3rd, 10th & 17th

Spooky Halloween Wreath  
with **Melissa Nasby**  
Must Sign up - Only 15 spots available

October  
24th & 31st

Halloween Craft  
Drop -in



Please call 778 946 0207 for sign up

