

WEEKLY NEWSLETTER

Hello From the Studios!

This coming week at the
Studios Nov 18th - 23rd





LOOKING FOR SOME SWEET COUPON DEALS?

JOIN CMHA LEARNING STUDIOS
EVERY MONDAY FROM 9 TO 11 AM
FOR A NO-COST DROP-IN STYLE
BREAKFAST AND RECEIVE A \$1.00
COUPON FOR HUDSON THRIFT
SHOPPE.

**hudson
thrift
shoppe.**



This coupon is not redeemable for cash



Free!

PANCAKE BREAKFAST

Join us for Pancake breakfast Monday
No Cost drop-in style pancake breakfast 9:30am- 11:30am

18TH NOV
2024



berry



honey



CHOCOLATE

LOCATION: CMHA LEARNING STUDIOS 433 HUDSON AVE



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all



CMHA
Learning Studios

SHUSWAP - REVELSTOKE

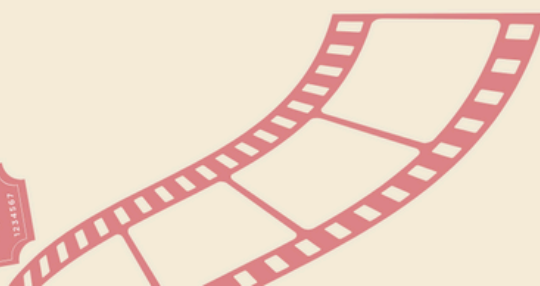
Social Rec MOVIE DAY



When : Tuesday, November 19th
Where : Salmar Grand Theatre
Time : Please Meet at Studios at 12:00pm

Popcorn \$2, Drink \$2, Movie \$6

Sign up is required.
For sign up or any inquiries, Please reach out at
778 946 0207 or Visit us in person





JOIN OUR PEER ADVISORY COMMITTEE

CMHA invites

People from our peer community with lived and living experience of mental health to the table to have equal say in organizational growth and policy development.

Wednesday, November 20th

10:30 am- 11:30 am at CMHA Learning Studios

For further information, please email: participant.services.sr@cmha.bc.ca.

JOIN US FOR
WELLNESS WEDNESDAY
Guided Meditation

EVERY WEDNESDAY
10:00- 11:00 AM
NOVEMBER 06, 13, 20 & 27
LOCATION- CMHA STUDIOS



ART



JEWELLERY MAKING FOR NOV 7, 14 & 21

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

We will be creating necklaces, earrings, and bracelets. These items are perfect for gift-giving as we near the holiday season.

Sign up is Mandatory; Please contact 778 946 0207 or
stop in
Limited to 12 spots

