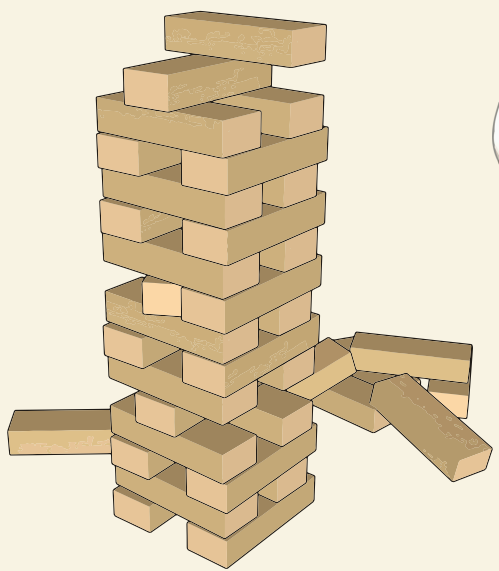


Hello From the Studios!

This coming week at the Studios Jan 27th - Feb 1st



SOCIAL REC

COOKING

POUTINE

On Tuesday, **Jan 28th**,
from 1 to 2:30 PM at CMHA
Studios.

Don't forget to wear
closed toe shoes.

Spots are limited,
To secure your spot,
please contact the
Studios at 778 946 0207
on or before Jan 24th.



Let's cook together on the
last Tuesday of every month.
Remember to check with staff for allergy
information.



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all



CMHA
Learning Studios
SHUSWAP - REVELSTOKE



Join us for

Wellness Wednesday

Time : 10:00 am - 11:00 am

Location : CMHA Studios

Jan 8 & 22- Laughing Yoga With Iva Clark

Jan 15 & 29- Guided Meditation With Caley

Sign up is mandatory; please contact
778 946 0207 or stop in person.





Free!!

CMHA **GAMES DAY**

WEDNESDAY, JANUARY 29TH
FROM 3:00 TO 4:00 PM

Join us at CMHA Learning Studios
BOARD GAMES, LAUGHS & SNACKS

For sign-up, feel free to call
778-946-0207 or visit us in
person.



Make a connection. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

Upcoming safeTALK training

Date: Friday April 4th 2025 Time: 8:30am-12pm

Location: CMHA - 433 Husdon Avenue N.E

Hosted by: Safer From Suicide Action Team & CMHA

Cost: \$50 includes breakfast

To inquire or register, call (778)946-0190

or email: denise.butler@cmha.bc.ca

safeTALK works. Learn more and see the evidence at www.livingworks.net/safetalk

SOCIAL REC YOGA



WHERE : GRATITUDE YOGA

TIME: 12:00 PM

DATES: FEB 4, 11 & 18

*Please meet at the CMHA studio by 11:30 AM or 11:45 AM at
Gratitude Yoga.*

Late entries cannot be accommodated.

Spots limited to 12 people only.

*Sign-up is mandatory—call 778-946-0207 or visit us in person the
Monday before class .*



JOIN US FOR
WELLNESS WEDNESDAY
Guided Meditation

TIME- 10:00- 10:45 AM
DATE -FEB 5, 12, 19 & 26
LOCATION- CMHA STUDIOS



Please contact
778 946 0207 or come in person to sign up
Please Note: No Latecomers Allowed.
Thank you for your understanding!