

Hello From the Studios!

This coming week at the Studios
Feb 24th- Mar 1st



SNOW DAY



**Join us for an exciting day of snowshoeing at
Larch Hills!**

TUESDAY FEB 25TH
10:00AM - 2:00PM



Snow shoeing, board games, sub sandwiches, cookies
and lots of fun.



Please sign up by calling 778 946 0207 or stop in person



*Rides available from
CMHA Learning studios
and back*

Don't forget to dress warm!



Free!!

CMHA **GAMES DAY**

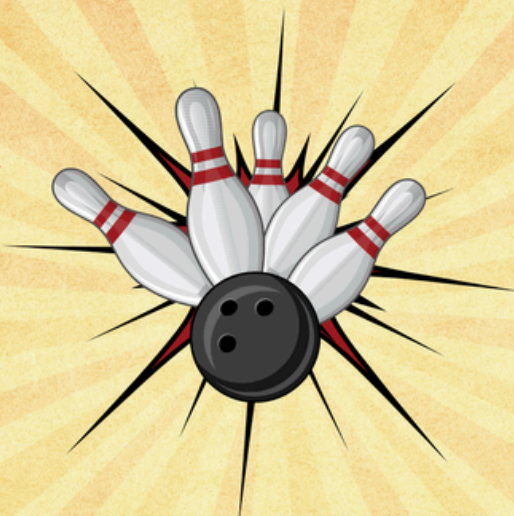
WEDNESDAY, FEBRUARY 26TH
FROM 3:00 TO 4:00 PM

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.

S O C I A L R E C
BOWLING

AT LAKESIDE BOWLING



MARCH, TUESDAY 4TH, 11TH & 18TH
PLEASE ARRIVE AT LAKESIDE BOWLING BY
12:50 PM OR MEET AT THE CMHA STUDIO
AT 12:30 PM.

Sign up is mandatory;
Please call at 778-946-0207 or visit us in person.

JOIN US FOR WELLNESS WEDNESDAY

Guided Meditation

TIME- 10:00- 10:45 AM

DATE -MARCH 5, 12, 19 & 26

LOCATION- CMHA STUDIOS



Sign up is required;
Please contact

778 946 0207 or visit us in person.
Late entries cannot be accommodated.
Thank you for your understanding!



ART BUTTON MAKING- 3 WEEK SERIES

when : March 6th, 13th & 20th

 *TIME : 1:00-2:30PM*

 *Location:
CMHA Studios*

Week 1 : Concept and Design

Week 2 : Building & Layering

Week 3 : Final Touches & Showcase

Limited Spaces available.

Sign up is mandatory;

Please call at 778 946 0207 or visit us in person

Please be on time.

Sign up for this series closes February 28th.



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