

*Hello From the Studios!*

 This coming week at the Studios   
April 14th-19th

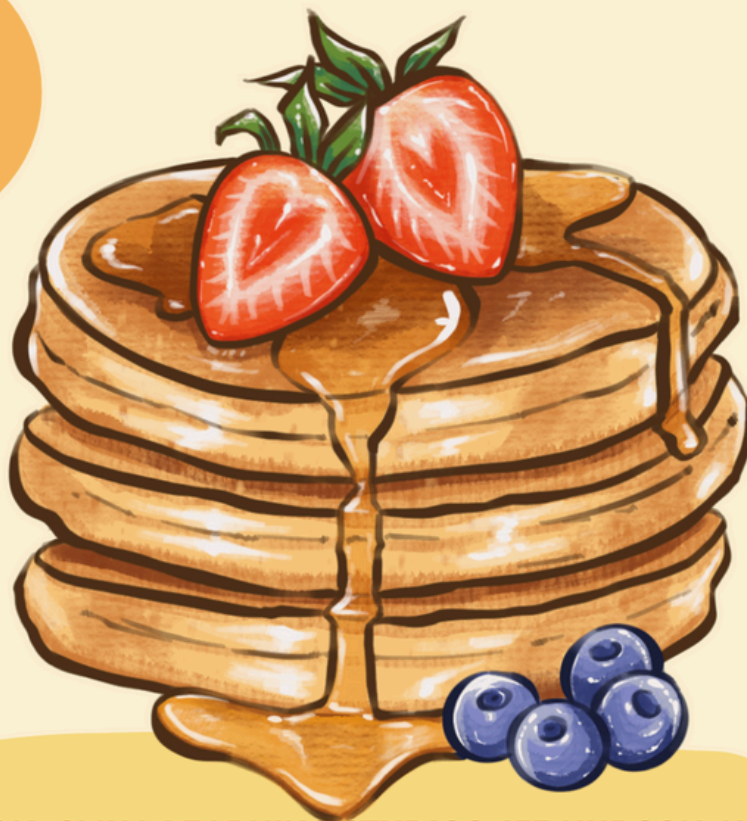


**'Free!'**

# PANCAKE BREAKFAST

Join us for Pancake breakfast Monday  
No Cost drop-in style pancake breakfast 9:30am- 10:30am  
or while supplies last

**14th  
April  
2025**



**LOCATION: CMHA LEARNING STUDIOS 433 HUDSON AVE**



## SOCIAL REC

Join us this April for community walks that honor the season's lively colors! Enjoy the fragrant breeze, infused with the aroma of blossoming flowers, and admire the appearance of adorable baby animals, with places and outings alternating weekly.



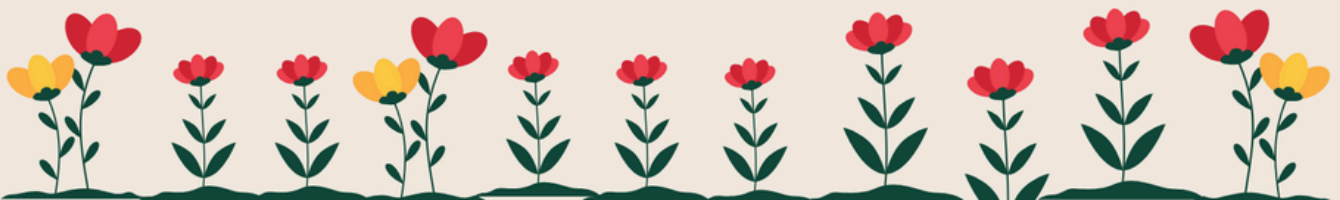
When: April 1, 8, 15, 22 & 29

Time: 1:00 – 2:30 PM

Join us at CMHA Studios by 12:45 PM

Pre-registration is required.

Feel free to call us at 778-946-0207 or visit us in person.





**hudson  
thrift  
shoppe.**

# **VOLUNTEER BI-MONTHLY THRIFT MEETING**



Wednesday  
April 16th, 2025  
11:30 am



**CMHA Learning Studios**  
Snacks provided

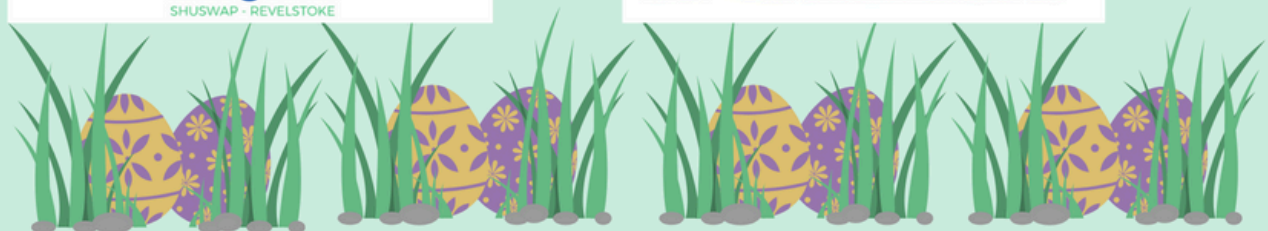


**Canadian Mental  
Health Association**  
Shuswap-Revelstoke  
*Mental health for all*





CMHA Offices,  
Learning Studios,  
Hudson Thrift Shoppe  
will be closed on  
Friday, April 18th, till  
Monday, April 21st  
for Easter Break.



# Bite Size Learning

This month at CMHA Studios, we will explore the concept of **Growth Mindset in contrast to Fixed Mindset.**

Come join us for an engaging discussion and enjoy a delightful plate of pasta for only \$5!

When - Thursday, April 24th

Time - 12:00 pm

Where - CMHA Learning Studios

