

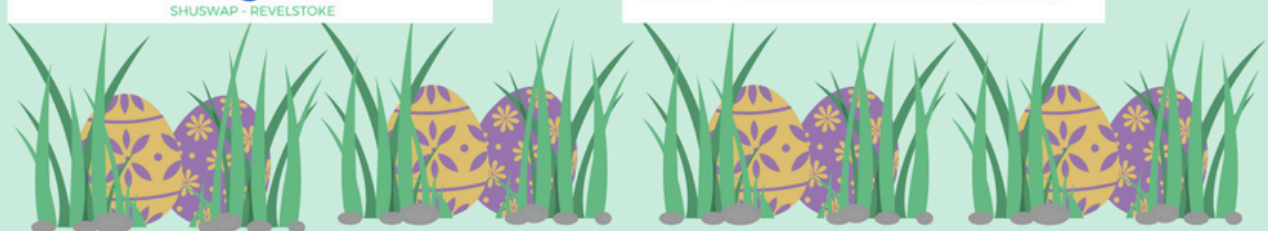
*Hello From the Studios!*

This coming week at the Studios  
April 21st-26th





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





## 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.



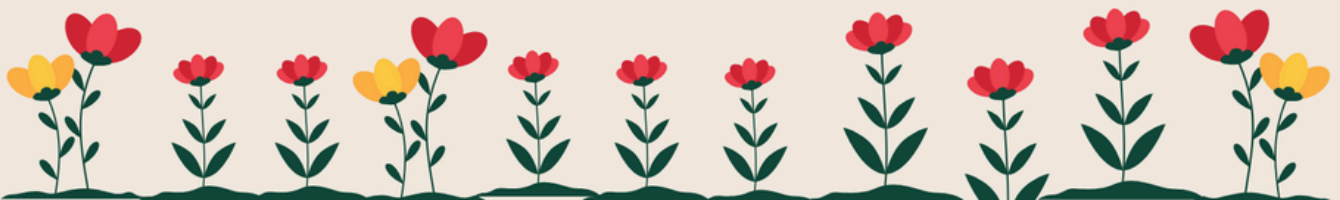
When: April 1, 8, 15, 22 & 29

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.





# 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



# SOCIAL REC COOKING

## TACOS

On Tuesday, April **29th**,  
**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 April 25th.**



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



## HEART AND MINDS WALKING GROUP



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

CMHA has partnered with the Shuswap Cardiac Society to create the Heart & Minds walking group on Fridays. Designed to get you moving, socializing, and enjoying the outdoors. Everyone is welcome!



9:30am  
coffee &  
tea by  
donation

14, 21, 28 MARCH 2025  
4, 11, 25 APRIL 2025

**10:00 AM**

Meet at Shuswap Cardiac Society  
#200 - 380 Alexander St NE



778-946-0207 CMHA Learning Studios for more info