

*Hello From the Studios!*

 This coming week at the Studios   
May 26th-31st



**'Free!'**

# BANNOCK BREAKFAST

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

**26th  
May  
2025**



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

## Social Rec



**MAY**



**2025**

**TUE  
13**

**MARGRET FALLS  
1:00-2:30 PM**

*Please meet at CMHA at 12:45 pm*



**TUE  
20**

**ICE CREAM AT DEMILLES  
1:00-2:30 PM**

*Please meet at CMHA at 12:45 pm*



**TUE  
27**

**KANGAROO FARM**

LEAVING CMHA AT 9:00 AM SHARP  
PRE-REGISTRATION IS REQUIRED BY MAY 22.  
RIDES ARE AVAILABLE.  
THIS IS A FULL-DAY EVENT, RETURNING TO CMHA BY  
4:00 PM.  
ADMISSION IS FREE!



Pre-registration is required.

Please call us at 778-946-0207 or visit us in person.

## CMHA SAME-DAY CASH PAY PROGRAM EARN \$15 FOR APPROX. 1 HOURS WORK



- Register by phone every Friday
- Phone lines open at 9:00 AM on Fridays
- Call 778-946-0207 to register.



- Be on-site by 11:00 AM
- Job starts at 11:00AM every Friday
- At **CMHA Studios** (Parking lot entrance).



THE WORK MAY INCLUDE ANY OF THE FOLLOWING TASKS:

CLEANING FLOORS  
TIDYING BATHROOMS  
EMPTYING TRASH  
SANITIZING HIGH-TOUCH SURFACES  
CLEANING THE KITCHEN

**TASKS WILL BE ASSIGNED RANDOMLY**

**\*PAYMENT:\*\* \$15 IN CASH, TO BE PROVIDED UPON  
COMPLETION OF ONE HOUR OF WORK.**



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

**CREATING A POSITIVE IMPACT  
IN OUR COMMUNITY**

## **WE'RE LOOKING FOR PASSIONATE BOARD MEMBERS FOR A 3-YEAR VOLUNTEER TERM!**

Do you:

- ▶ Believe in mental health for all?
- ▶ Love big-picture, future-focused thinking?
- ▶ Want to be part of a dynamic, values-driven team?

Join our Policy Governance Board and play a vital role in shaping the future with nine meetings each year, collaborating with an outstanding staff team. Your journey of impact begins here.

Email [info.sr@cmha.bc.ca](mailto:info.sr@cmha.bc.ca) and share why you would be a perfect fit.