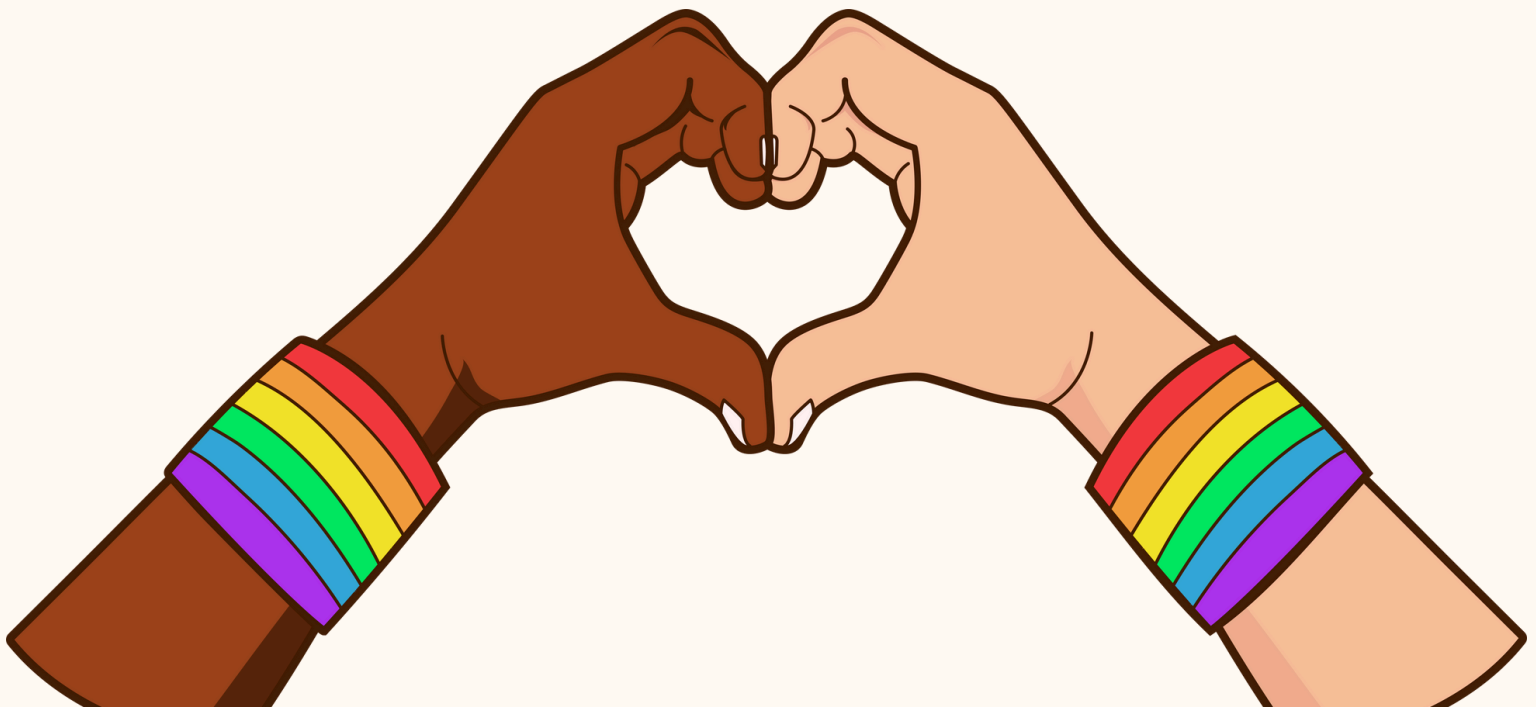


*Hello From the Studios!*

This coming week at the Studios  
June 2nd-7th



## 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.**



**S O C I A L   R E C**  
**MINI GOLF**

---

**AT 5980 60 Ave Ne, Canoe**



**WHEN: JUNE, TUESDAY 10TH**

**TIME: 1:00 PM**

**COST : \$4**

PLEASE ARRIVE AT THE LOCATION BY 1:00 PM  
OR MEET AT THE CMHA STUDIO BY 12:35 PM.  
THE GROUP WILL DEPART FROM THE STUDIOS  
AT 12:45 PM.

Pre-registration is required;  
Please call 778-946-0207 or visit us in person.





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.



## **GIVE A LITTLE WARMTH GIVE A LITTLE CARE**

**Marshland Shelter is actively seeking donations and community support in the following areas:**

- **Quilts or duvets** (gently used or brand new)
- **A volunteer barber or hairdresser**(someone who can come in every few months to offer trims)

**Help bring comfort and dignity to members of our Salmon Arm community.**



**Interested in lending a hand or require further information?**

**Contact Steve at 250-517-8169.**

