








## CMHA Travelling Wellness Programs Schedule January 7th - 17th

Our bathrooms will be getting a much needed upgrade in the New Year. So we are taking the programs on the road!  
Join us in the community from January 7th - 17th 2019. All Wellness Programs participants are welcome.  
**As always, all programs are free of charge**



Monday		Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity	Time	Activity
31	<p><b>CMHA CLOSED FOR HOLIDAYS</b></p> 	1	<p><b>CMHA CLOSED FOR HOLIDAYS</b></p> 	2	<p>4:00-6:00 <b>Wednesday Evening Peer Support Group</b></p> <p><b>WDC CLOSED FOR BATHROOM UPGRADES - REOPEN JANUARY 21</b></p>	3	<p><b>WDC CLOSED FOR BATHROOM UPGRADES - REOPEN JANUARY 21</b></p> 
7	<p>1:00-3:00 <b>Monday Afternoon Peer Support Group</b></p> <p>Okanagan Regional Library 1380 Ellis St (main floor meeting room to the right past bathrooms)</p> 	8	<p>1:00-3:00 <b>WDC Social Time: Coffee, Games &amp; Snacks</b></p> <p>Salvation Army Kelowna Community Church 1480 Sutherland Ave (Fireside room second floor)</p>	9	<p>4:00-6:00 <b>Wednesday Evening Peer Support Group</b></p> <p>Okanagan Regional Library 1380 Ellis St (small meeting room #3 left hand side behind staircase)</p>	10	<p>1:00-3:00 <b>WDC Social Time: Coffee, Games &amp; Snacks</b></p> <p>Salvation Army Kelowna Community Church 1480 Sutherland Ave (Fireside room second floor)</p>
14	<p>1:00-3:00 <b>Monday Afternoon Peer Support Group</b></p> <p>Okanagan Regional Library 1380 Ellis St (main floor meeting room to the right past bathrooms)</p> 	15	<p>1:00-3:00 <b>WDC Social Time: Coffee, Games &amp; Snacks</b></p> <p>Salvation Army Kelowna Community Church 1480 Sutherland Ave (Fireside room second floor)</p>	16	<p>4:00-6:00 <b>Wednesday Evening Peer Support Group</b></p> <p>Okanagan Regional Library 1380 Ellis St (small meeting room #3 left hand side behind staircase)</p> 	17	<p>1:00-3:00 <b>WDC Social Time: Coffee, Games &amp; Snacks</b></p> <p>Salvation Army Kelowna Community Church 1480 Sutherland Ave (Fireside room second floor)</p>
21	<p>1:00-3:00 <b>Monday Afternoon Peer Support Group</b></p> <p>Returns to CMHA 1:00-3:00pm</p>	22	 <p><b>WDC Re-Opens at 10:00am</b></p>				