


CMHA Wellness Development Centre (WDC) Program Schedule

February 2019



Tuesday-Thursday 10:00am-3:00pm Lunch is available at 12:00pm for \$3.00. Coffee is available until 12:30pm for .25C

	Tuesday		Wednesday		Thursday	
	Time	Activity	Time	Activity	Time	Activity
		5 CHINESE NEW YEAR		6		7
Calendar Legend Education Programs Highlighted in Purple! Art Studio Programs Highlighted in Pink! New Programs Highlighted in Blue! Outings Highlighted in Orange Sign Up = S	10:30 AM	Yoga	10:30 AM	Yoga	10:30 AM	Yoga
	11:30 AM	Bingo	11:00 AM	Welcome Wednesday: Orientation	1:00 PM	Art with Tina: Horses in Acrylics Pt. 1 (S)
	1:00 PM	Community Co-Development Meeting	1:00 PM	Crafts with Kathleen: Bath Bombs (S)	1:00 PM	Keep Fit & Have Fun!
	1:30 PM	Qi Gong with Hajime	1:00 PM	BWB Guest Speaker: Annette Adkin	2:00 PM	Music Request Hour
Peer Support Group Peer Support provides a casual opportunity to share in a supportive, non-judgmental group environment with others who experience challenges and stressors. Mondays 1:00-3:00pm in the Wellness Development Centre  Wednesdays 4:00-6:00pm at Okanagan Regional Library (small meeting room #3 bottom floor) 1380 Ellis St, Kelowna BC		12		13		14 VALENTINES/VASHTI'S LAST DAY
	10:30 AM	Yoga	10:30 AM	Yoga	10:30 AM	Yoga
	11:30 AM	Mindfulness	11:00 AM	Welcome Wednesday: Orientation	1:00 PM	Art with Tina: Horses in Acrylics Pt. 2 (S)
	1:00 PM	Creative Writing	1:00 PM	Outing: Indoor Mini Golf at Scandia (S)	1:00 PM	Accupuncture with Dr. Barlow (S) 
	1:30 PM	Qi Gong with Hajime	2:00 PM	Music Request Hour & Valentine's Dance		
		19 Wellness Recovery Action Plan WRAP 12-2 (on stage)		20 Wellness Recovery Action Plan WRAP 12-2 (on stage)		21 Wellness Recovery Action Plan WRAP 12-2 (on stage)
Monthly Forum on Mental Health 3:30-4:30pm (last Wednesday of each month except December) Talking about current mental health matters and influencing changes for a stronger system. Light snacks and refreshments will be provided. 	10:30 AM	Yoga	10:30 AM	Yoga	10:30 AM	Yoga
	11:30 AM	Bingo	11:00 AM	Welcome Wednesday: Orientation	1:00 PM	Outing: Bowling (S)
	1:00 PM	Keep Fit & Have Fun!	1:00 PM	BWB Guest Speaker: Kasia Rachfall Breaking the Cycle of Over-thinking	2:00 PM	Music Request Hour
	1:30 PM	Qi Gong with Hajime				
			26 Wellness Recovery Action Plan WRAP 12-2 (on stage)		27 Wellness Recovery Action Plan WRAP 12-2 (on stage)	
	10:30 AM	Yoga	10:30 AM	Yoga	10:30 AM	Yoga
	11:30 AM	Mindful Walk	11:00 AM	Welcome Wednesday: Orientation	1:00 PM	Creative Writing
	1:00 PM	Art with Fay: Mosacis (S)	1:00 PM	Art with Lynne: Acrylic Stained Glass Pt. 1 (S)	2:00 PM	Music Request Hour & Birthday Celebrations (S) 
	1:30 PM	Qi Gong with Hajime	3:30 PM	Monthly Forum on Mental Health		
Address: 504 Sutherland Ave Phone Number: 250-861-3644						

