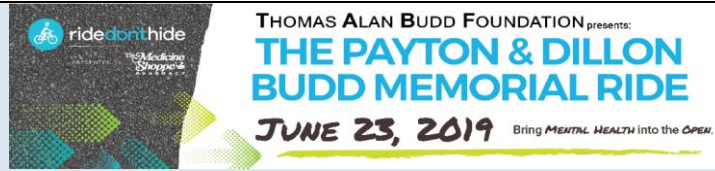


CMHA Wellness Development Centre (WDC) Program Schedule

Tuesdays, Wednesdays, & Thursdays from 11:00am to 3:00pm

June 2019



In preparation of Discovery College, our new drop-in hours will be 11 AM to 3 PM. Watch for the sign-up sheets for new morning courses!

Peer Support Groups	Tuesday June 4	Wednesday June 5	Thursday June 6
<p>Peer Support Groups</p> <p>Mondays - 1:00pm to 3:00pm in the Wellness Development Centre (cancelled June 3rd - office closed)</p> <p>Wednesdays - 4:00pm to 6:00pm at Downtown Library (1380 Ellis St) in Meeting Room #3 on main floor</p>	<p>10:00 AM Discovery College: Idea Session (1 hour)</p> <p>11:00 AM Yoga</p> <p>1:30 PM Qi Gong with Hajime</p> <p>2:00 PM MH Discussion: Preparing For Summer</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Lynne: Acrylic Abstracts (S) (3 hours)</p> <p>1:00 PM Walk Through The Park</p>	<p>Danie's Last Day</p> <p>11:00 AM Yoga</p> <p>1:00 PM Full Circle Art: Working Toward Completion (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday June 11	Wednesday June 12	Thursday June 13
<p>New Activities</p> <p>★ Discovery College Preparation ★ Idea session and co-production workgroups</p> <p>★ Food With Friends ★ Eat and have fun with friends</p> <p>★ Big Game: World Trivia & Games ★ Join us for lots of fun! Everyone can play!</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Fay: Mosaics On Black Background (S)</p> <p>1:30 PM Qi Gong with Hajime</p> <p>2:00 PM Baking with Janette: Cookies</p>	<p>10:00 AM Helping Hands: Volunteer at Food Bank (S)</p> <p>11:00 AM Yoga</p> <p>1:00 PM Balance & Well Being: Keyla Screen Ohs</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Acupuncture with Dr. Barlow (S)</p> <p>1:00 PM Art with Tina: Amazing Art 1 (S)</p> <p>1:00 PM Computer Help with Kristine (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday June 18	Wednesday June 19	Thursday June 20
<p>Monthly Forum on Mental Health</p> <p>Wed June 26th - 3:30 to 4:30pm</p> <p>FORUM</p> <ul style="list-style-type: none"> • Current mental health news • Learn about local resources • Snacks and coffee provided 	<p>11:00 AM Yoga</p> <p>1:30 PM Qi Gong with Hajime</p> <p>2:00 PM Big Game: World Trivia and Games</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Bocce In The Park (1.5 hours)</p> <p>2:30 PM Food With Friends (S) (1.5 hours)</p>	<p>11:00 AM Yoga</p> <p>12:00 PM Family Style Lunch: Start of Summer</p> <p>1:00 PM Bowling at Capri Lanes (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday June 25	Wednesday June 26	Thursday June 27
	<p>9:30 AM Discovery College: Co-Production (1.5 hours)</p> <p>11:00 AM Yoga</p> <p>1:30 PM Qi Gong with Hajime</p> <p>2:00 PM Big Game: World Trivia and Games</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Balance & Well Being: Jolanda Himmelstein</p> <p>3:30 PM Monthly Forum on Mental Health (1 hour)</p>	<p>9:30 AM Discovery College: Co-Production (1.5 hours)</p> <p>11:00 AM Yoga</p> <p>1:00 PM Art with Tina: Amazing Art 2 (S)</p> <p>1:15 PM Haircuts with Deb (S)</p> <p>2:00 PM Birthday Celebrations & Music Request Hour</p>
<p>Calendar Legend:</p> <p>«New programs in Blue» «Education programs in Purple» «Art programs in Pink» «Outing programs in Orange» «(S) means Sign Up with WDC due to limited space»</p>			
<p>504 Sutherland Ave Kelowna, BC V1Y 5X1 Phone: 250-861-3644 Website: CMHAKelowna.com</p>	<p> Lunch available from 12:00pm to 12:20pm for \$3.00 (Tues, Wed, Thurs only)</p>	<p> Coffee and tea available from 11:00am to 1:00pm for \$0.25 (Tues, Wed, Thurs only)</p>	



Ride Don't Hide - Kelowna 2019

The Payton & Dillan Budd Memorial Ride

Ride Don't Hide is the largest mental health bike ride in Canada with almost 10,000 riders and hundreds more family members, friends and volunteers across Canada taking part, raising more than \$2 million each year for the Canadian Mental Health Association.

Get on your bike and join the movement.
Ride. Don't hide.

Food With Friends

Food with Friends will take place every 2 weeks, bringing people of all ages together through healthy and delicious food.

Each time we're together we will prepare & eat an amazing meal and have a great time doing it!

Come meet new people, enjoy a great meal, and connect with each other over our love of food!