



**Canadian Mental
Health Association**
Kelowna

GOOD NEWS! – Wow when was the last time you heard that expression. Well pay attention because yes we have some Good News!

The Wellness Development Centre is coming back live!

That's right after being closed for 3 months, or almost 4 months, we are planning to slowly re-connect by resuming some outdoor programming.

Although we did our very best responding to an unfortunate situation by hosting the Virtual WDC and Peer Support and Discovery College courses online, we have missed that more common and desired connection of personal contact.

Which brings us to the big question – **“How are we going to do this?”**

First we are going to start out slowly. We are going to follow the protocols, guidelines and restrictions set out by the World Health Organization, the BC Health Authority, Work Safe BC and the BC Parks and Recreation Association.

Although things have changed and there are new ways of doing things, **WHAT HAS NOT CHANGED – IS OUR SENSE OF COMMUNITY, SUPPORT AND FRIENDSHIP.**

This is a challenging time for all of us. We recognize that these new measures may be an inconvenience and that some members may find the physical distancing and new or different ways of doing things to be difficult to make work. We do want to respect everyone's different comfort levels and will maintaining the Virtual WDC on Tuesdays and Wednesdays. Online Peer support will be on Mondays and Wednesdays.

But we're doing these things for a very important reason: *To keep our community safe.* As we move forward into our new normal, we must remember to prioritize the well-being of the people around us. We must rely on each other to make the right choices, and we must each make the right choices for those who rely on us. We must maintain our sense of belonging and togetherness. We must continue to be open and inclusive toward other people, even if the physical space isn't as accessible.

The same values that have made WDC what it is — a community, strong sense of belonging, socialization, friendship, and fun — are what will get us through this next phase. Whatever it is we will do this together as we always have. Our values haven't changed — the situation has changed, and as a result, we must express our values in a different way.

We are doing all of these things to keep each other safe and healthy, and to protect the vulnerable members of our community. Each of us has a role to play in keeping WDC strong.



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Dates of outdoor WDC programming July, 2020

12:00 – 2:00PM

Thursday July 9 Strathcona Park

Thursday July 16 Kinsmen park

Thursday July 23 Ben Lee Park

Thursday July 30 Strathcona Park

Looking forward to seeing you there!