

Community Wellness Connection Program (CWCP)

February 2024

For More Information Contact:







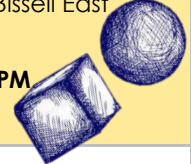




Akshya Boopalan – Program Coordinator

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BOYLEstreet
COMMUNITY SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8 Creative Journaling CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM 	9 (Cancelled) Herbal Tea & Essential Oils Re-scheduled to Feb 20th	10	11
12	13 Sewing Repairs Bissell East 10527 96 St 2:00 PM – 4:30 PM 	14 Dreamcatchers with Amanda Robillard CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM 	15 Card Tournament (Prizes) CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM 	16 Sweat Lodge Outing Mercer Warehouse 10359 104 St NW Meet at 1:00 pm 	17	18
19	20 Herbal Tea & Essential Oils Bissell East 10527 96 St 2:00 PM – 4:30 PM 	21 Drawing Workshop with Nicholas King Bissell East 10527 96 St 2:30 PM – 4:30 PM 	22 Painting at CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM 	23 Sock Monkeys w/ Street Prints Artist Downtown Stanley Milner Library 7 Sir Winston Churchill Square 1:30 PM – 4:00 PM 	24	25
26	27 Beading with Amanda Robillard CO*LAB 9641 102A Ave NW 2:00 PM - 4:00 PM 	28	29 Movie at City Center Mall Meet at Bissell East Time - To Be Announced 			

EVENTS

All activities **NO COST** and free to attend.

All community members are eligible to attend.

All supplies are provided.

Light refreshments provided, including tea.

Arts & Crafts

Feeling Creative and Expressive?

Every Week we have an Arts & Craft activity such as **Creative Journaling, Drawing Workshop, and Painting.**

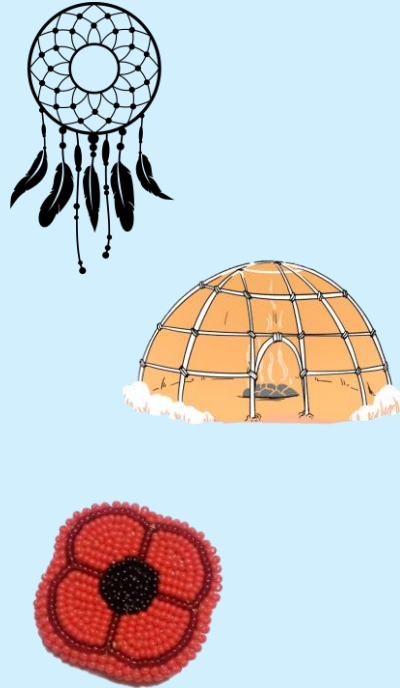
Come make cute **sock monkeys** for ourselves and our community on **Fri, Feb 23rd from 1:30 to 4 pm at the Stanley Milner Library, Downtown.**



Culture

Want to connect with Indigenous culture?

Join our **Dreamcatcher making, Sweat Lodge Outing, or Beading activities.**



De-Stress

Looking for ways to de-stress?

Join us in enjoying **herbal tea and learning how to use essential oils at Bissell West – Fri, Feb 09th from 2 to 4:30 pm.**



Sewing Repairs

Need to fix any clothing you have?

Drop by **Bissell West – Tue, Feb 13th from 2 to 4:30 pm – bring your own clothes and some clothing provided.**



Social

Want to meet new people and be social?

Come play some **card games on Thu, Feb 15th from 2 to 4:00 pm at the CO*LAB Belonging Space!**

And



Join us for a **movie at the City Center Mall on Feb 29th** where we will have **coffee after** and discuss!



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