#### Community Wellness Connection Program (CWCP)

# March 2024

<u>For More Information Contact:</u> Akshya Boopalan – Program Coordinator <u>Ph</u>: 587-334-2906 <u>Email</u>: aboopalan@boylestreet.org



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 Silk Screen Printing T-Shirts & Bags @Stony Plain Drop-In 15308 Stony Plain Rd 2:00 PM – 4:00 PM	7 Card Tournament (Prizes) @CO*LAB 9641 102A Ave NW 2:00 PM - 4:00 PM	8 Hand Care <u>@Bissell West</u> 10535 96 St 2:00 PM – 4:00 PM	9	10
11	12	13     Sewing Repairs @Bissell West     10535 96 St     2:00 PM - 4:00 PM	14 Dreamcatchers & Beading @ <u>CO*LAB</u> 9641 102A Ave NW 2:00 PM – 4:00 PM	15 Sweat Lodge Outing @Mercer Warehouse 10359 104 St NW Meet at 12:45 pm	16	17
18	19   Karaoke with Doug @CO*LAB   9641 102A Ave NW   2:00 PM - 4:30 PM	20 Drawing Workshop with Nicholas King @Bissell West 10535 96 St 2:00 PM - 4:00 PM	21 Creative Journaling @CO*LAB 9641 102A Ave NW 2:00 PM - 4:00 PM	22	23	24
25	26 Dreamcatchers & Beading @ <u>CO*LAB</u> 9641 102A Ave NW 2:00 PM - 4:00 PM	27 Karaoke @Stony Plain Drop-In 15308 Stony Plain Rd 2:00 PM - 4:30 PM	28 Movie (Shrek) @Downtown Library 7 Sir Winston Churchill Square 1:00 – 3:00 PM	29	30	31

# **EVENTS**

All activities NO COST and free to attend.

All community members are eligible to attend.

stress?

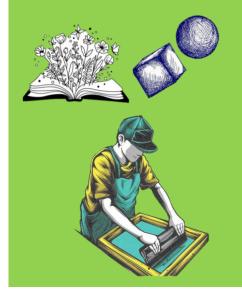
All supplies are provided.

Light refreshments provided, including tea.

#### Arts & Crafts

## Feeling Creative and Expressive?

Every other week join us for an Arts & Craft activity such as **Silk Screen Printing, Creative Journaling**, and **Drawing Workshop** in various locations.



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#### Culture

#### Want to connect with Indigenous culture?

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



#### Looking for ways to de-

**De-Stress** 

Join us in doing some hand care by cleaning, exfoliating, and massaging with oils at Bissell West – Fri, March 08<sup>th</sup> from 2:00 to 4:00 pm.



#### Sewing Repairs

# Need to fix any clothing you have?

Drop by **Bissell West – Tue**, **March 13<sup>th</sup> 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, March 07<sup>th</sup> from 2 to 4:00 pm at the CO\*LAB Belonging Space!



Join us for the Shrek movie at the Stanley Milner Downtown Library on March 28<sup>th</sup>!

And



