

Community Wellness Connection Program (CWCP)

March 2024

For More Information Contact:

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BOYLEstreet
COMMUNITY SERVICES

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 @Bissell West 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 @CO*LAB 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 @CO*LAB 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.

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.



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 doing some **hand care** by cleaning, exfoliating, and massaging with oils at **Bissell West – Fri, March 08th from 2:00 to 4:00 pm.**



Social

Want to meet new people and be social?

Come play some **card games** on **Thu, March 07th from 2 to 4:00 pm** at the **CO*LAB Belonging Space!**



And

Join us for the **Shrek** movie at the **Stanley Milner Downtown Library** on **March 28th!**



Sewing Repairs

Need to fix any clothing you have?

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



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