




Let's Connect this April 2021

PHONE: 250-597-4662

Please note: Zoom Link in Red is for Sign up Series Program zoom log in.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <p><i>As per Provincial Health Officer Order All CBIS group programming will take place over ZOOM until restrictions are lifted.</i></p>			<p>1</p> <p>Let's Talk Mental Health 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>2</p> <p>Closed For Good Friday</p>	<p>3</p>
4	<p>5</p> <p>Closed For Easter Monday</p>	<p>6</p> <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Get More Brain Fit 1:00-2:30 pm</p>	<p>7</p> <p>Let's Get Healthy 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>8</p> <p>Let's Talk Mental Health 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>9</p> <p>Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p>	<p>10</p>
11	<p>12</p> <p>Women's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Talk about Caregiving 1:00-2:30pm</p>	<p>13</p> <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Get More Brain Fit 1:00-2:30 pm</p>	<p>14</p> <p>ToolBox Session #1 10:00-11:30 am https://us02web.zoom.us/j/83093239943</p> <p>Let's Get Healthy 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>15</p> <p>Let's Talk Mental Health 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>16</p> <p>Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p>	<p>17</p>
18	<p>19</p> <p>Women's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Chat with ED—Chris Rafuse 1:00-2:30 pm</p>	<p>20</p> <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Get More Brain Fit 1:00-2:30 pm</p>	<p>21</p> <p>ToolBox Session #2 10:00-11:30 am https://us02web.zoom.us/j/83093239943</p> <p>Let's Get Healthy 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>22</p> <p>Let's Talk Mental Health 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>23</p> <p>Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p>	<p>24</p>
25	<p>26</p> <p>Women's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Talk about Caregiving 6:00-7:30pm</p>	<p>27</p> <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Get More Brain Fit 1:00-2:30 pm</p>	<p>28</p> <p>ToolBox Session #3 10:00-11:30 am https://us02web.zoom.us/j/83093239943</p> <p>Let's Get Healthy 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>29</p> <p>Let's Do Art 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Talk Mental Health 1:00-2:30 pm</p>	<p>30</p> <p>Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Watch Movies 2:00 -4 :00 pm</p>	