



CMHA - Promoting recovery, resilience, and hope through mental health and wellness education.

## Resilience Cafe



## March 2010 Education at the Cafe

Date	Activity	Notes
Tuesday, March 2, 5-6 PM	Yoga Returns to A Gathering Place	No fee, but first timers must arrive at 4:30 to register
Tuesday, March 2. 7-9 PM	MadHatters	Come at 6 with a sack dinner if you like
Tuesday March 9, 5-6 PM	Yoga	No fee, but first timers must arrive at 4:30 to register
Tuesday, March 9, 6:30-8:30 PM	Living Well, Learning Together Series, "Understanding Relapse"	Reservation required 403-342-2266, \$5 at the door
Tuesday, March 16, 5-6 PM	Yoga	No fee, but first timers must arrive at 4:30 to register
Tuesday, March 16, 7-9 PM	MadHatters	Come at 6 with a sack dinner if you like
Tuesday March 23, 5-6 PM	Yoga	No fee, but first timers must arrive at 4:30 to register
Tuesday, March 23, 6:30-8:30 PM	Living Well, Learning Together Series, "Understanding Mood Disorders"	Reservation required 403-342-2266, \$5 at the door
Tuesday March 30, 5-6 PM	Yoga	No fee, but first timers must arrive at 4:30 to register

**All of these programs take place at:**

**A Gathering Place**

**5021 Ross Street, in downtown Red Deer**

**For more information, call 403-342-2266**

**or write to us at [education@reddeer.cmha.ab.ca](mailto:education@reddeer.cmha.ab.ca)**

**On the web, [www.reddeer.cmha.ab.ca](http://www.reddeer.cmha.ab.ca)**