


BELL LET'S TALK DAY COMMUNITY CONNECTION


JANUARY 21, 2026

This time of year can feel lonely, connection matters.
Join us for lunch, connection, and conversation.

- Meet new people in a friendly setting
- Gather for a Spirit Moon Ceremony
- Join activities for children, youth and adults
- Enjoy lunch catered by The Sunflower Cafe
- Enter to win door prizes

Take a moment for your mental health

 10:00 a.m. to 1:00 p.m.
Lunch served at 11:30 a.m.

 Gaynor Family Regional Library
806 Manitoba Avenue, Selkirk, MB

 204-478-6531

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