



# 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



[contact@cmhaie.ca](mailto:contact@cmhaie.ca)



[cmhaacrossmb.ca](http://cmhaacrossmb.ca)