

LUNCH & LEARN

Seasonal Support Series

SESSION 3: "Children and Cabin Fever"

Let's get out of the house and gather to share ideas on keeping our children occupied during the short, cold days.

FEBRUARY 19, 2026

12:00 – 1:00 PM

Community Services Lunch Room



Session include:

- A short, engaging video
- A shared meal
- Open discussion
- Tips and ideas for supporting our own wellness and one another



Door Prizes

To sign up and to request rides please contact our Community Services.

CONTACT



250-989-2355