

STRONGER MINDS STRONGER COMMUNITIES

WELLNESS BEGINS WITHIN!!



As we step into Mental Health Awareness Month, let's take a moment to reflect on the importance of nurturing our mental well-being. It's a time to challenge stigma, raise awareness, and offer support to those who may be struggling. Let's continue building a compassionate and understanding environment together.

Easter Celebrations

This April, Easter was celebrated across all our locations, bringing joy, laughter, and togetherness to our Kindale community. We're excited to share some wonderful photos capturing these moments - flip through and feel the festive spirit!

LEADERSHIP REFLECTION FOR THE MONTH

"Kindale would not be the strong, vibrant organization it is today without each and every one of you - our Board of Directors, staff members, directors, managers, contractors, volunteers, funders, donors, community partners, and of course, the people we serve, along with their families, friends, and circles of support."

As we move forward together, I want to express my deepest gratitude.

Thank you for your continued dedication to the people we support and the communities we live and work in.

Benita (B) Elliott

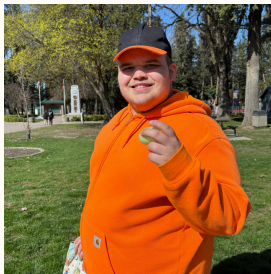
Executive Director

Kindale Developmental Association



Together, we truly do make a difference!

SNAPSHOTS OF OUR JOURNEY : CELEBRATING MOMENTS TOGETHER



CRAFTED WITH CARE : CELEBRATING THE ARTIST IN EVERYONE



THIS MONTH'S LITTLE SOMETHING - FOR EVERYONE

A space to pause, reflect, and care for yourself.

Wellness Thought of the Month

"Rest is not a reward. It's a responsibility." — Alex Elle

Quick Check-In: How Are You Feeling Today?

No right or wrong answer—just take a moment for you.

🟦 😊 Feeling balanced and energized

🟦 😐 Doing okay, a bit tired

🟦 😞 Overwhelmed or stressed

🟦 😓 Not my best today

Whatever you picked, know you're not alone.

Keep checking in with yourself and those around you.



**Mindful
Moments**

🎯 Your Monthly Wellness Challenge

Try completing any 3 this week—small steps can lead to big shifts.

- ☐ Go for a 10-minute walk
- ☐ Say "no" to one thing that drains you
- ☐ Text or call someone you care about
- ☐ Get 30 minutes extra sleep
- ☐ Take 3 deep, mindful breaths
- ☐ Write down one thing you're grateful for

FOR THE TEAM - STAFF VOICES: WHAT YOU SAID MATTERS!

Thank you to everyone who completed the 2025 Staff Survey!



We had great participation from full-time, part-time, and casual staff across all programs.

Your feedback showed what's working—like supportive managers and a safe work environment—and highlighted areas to improve, like communication and recognition.

We're taking your input seriously and will be making positive changes in the months ahead. Stay tuned, and let's keep growing together!

SCAN ME

WAYS TO DONATE

WE VALUE EVERY SMALL CONTRIBUTION



Give us a call at 250-546-3005 and our receptionist will take your donations and details

Come in person 2725A Patterson Ave, Armstrong to donate using debit or credit card or drop off a cheque!

Mail your donation payable to Kindale Developmental Association PO Box 94, Armstrong, BC V0E1B0

**Call @ 250-546-3005
2725 A PATTERSON AVE, ARMSTRONG**