

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Canada House Wellness Group Inc.

Trading Symbol: CHV

Number of Outstanding Listed Securities: 683,653,630

Date: October 7, 2020

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

On September 2, 2020, Canada House announced that its wholly owned subsidiary, Abba Medix Corp. ("Abba") received authorization from the Autorité Marchés Publics ("AMP") to contract or subcontract with public bodies in the Province of Québec. The authorization is valid for three years in accordance with the Loi sur les contrats des organismes publics (LCOP), RLRQ, c. C-65.1.

Abba and IsoCanMed Inc. ("ICM"), the Company's wholly owned Licensed Producer based in Louiseville, Québec, have submitted all required documentation to initiate the product listing process with Société québécoise du cannabis ("SQDC") in order to distribute ICM's cannabis products in Québec under the terms of ICM's existing Letter of Intent with the SQDC for potential supply of 3,000 kg of cannabis product.

2. Provide a general overview and discussion of the activities of management.

See responses to questions #1 and 10.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

None to report

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production

programs that have been amended or abandoned.

None discontinued

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

See authorization from the AMP to contract or subcontract with public bodies in the Province of Québec. – # 1 above.

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

No expired or terminated contracts or agreements.

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

The Company's wholly owned subsidiary, Canada House Clinics, had additions to leasehold improvements in the amount of \$3,000 and received a \$700 credit for leasehold improvements on its Edmonton.

The Company's wholly owned subsidiary, Knalysis Technologies, had the additions to its leasehold improvements in the amount of \$3,000.

The Company's wholly owned subsidiary, Abba, purchased \$4,000 of furniture and fixtures and \$8,000 of manufacturing equipment.

8. Describe the acquisition of new customers or loss of customers.

Abba Medix medical patients increased by ~31% during the month.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software,

subscription lists and trademarks.

NIL

10. Report on any employee hiring, terminations or lay-offs with details of anticipated length of lay-offs.

1 termination at Abba Medix Corp.

11. Report on any labour disputes and resolutions of those disputes if applicable.

On September 23, 2020, the Company was served with a Statement of Claim for damages for the alleged breach of a former employee's employment agreement, or in the alternative, for the alleged constructive dismissal of a former employee, in the amount of \$728 plus interest and costs. The claim was initiated in the Ontario Superior Court of Justice. The Company believes the claim is without merit and has engaged external counsel to file a Statement of Defence to the claim.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

No new legal proceedings during the month.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

N/A

14. Provide details of any securities issued and options or warrants granted.

N/A

Security	Number Issued/ (returned to treasury)	Details of Issuance	Use of Proceeds⁽¹⁾

15. Provide details of any loans to or by Related Persons.

Nature of loan	Receivable	Payable	Status
<p><u>Shareholders or shareholders in common</u></p> <p>Non-interest bearing, unsecured, and have no specific terms of repayment.</p>	-	\$72,922	
<p><u>Shareholders or shareholders in common</u></p> <p>Interest is payable annually at a rate of five percent (5%) per annum. The notes are secured by a General Security Agreement over the assets of ICM.</p>	-	\$12,500,000	<p>Promissory notes were issued upon closing of the acquisition of the shares of ICM by Canada House on June 12, 2020.</p>

16. Provide details of any changes in directors, officers or committee members.

N/A

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The impact of the new Cannabis Act, provincial responses and activities in relation to the Act and recreational dispensary roll-out strategies continue to evolve. Canada House regularly examines and adjusts its strategy and near-term business focus as changes are announced and in response to market conditions and opportunities.

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: October 7, 2020

Paul L Hart
Name of Director or Senior
Officer
Signed Paul L Hart
Signature

Chief Financial Officer
Official Capacity

<i>Issuer Details</i> Name of Issuer Canada House Wellness Group Inc.	For Month Ending September 30, 2020	Date of Report October 7, 2020
Issuer Address 1773 Bayly Street		
City/Province/Postal Code Pickering, ON L1W 2Y7	Issuer Fax No. (905) 492- 8420	Issuer Telephone No. (844) 696-3349
Contact Name Paul L Hart	Contact Position CFO	Contact Telephone No. (416) 574-4174
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