



**CommuniTree Wellness Centre Calendar
December 2018**

MON	TUES	WED	THURS	FRI
3 *CommuniTree Advisory Council (SUR) 1:00 pm Yoga 1:30 pm	4 *Centering Yourself During the Holidays (SUR) 1:30 pm	5 Art Card-Making 10:30 am Lunch with the Doc Noon Women's Art Therapy (Closed group) 1:30 pm	6 *Parenting Plus (SUR) 11:00 am Yoga 1:30 pm	7 *Women's Self-Defense (SUR) 1:00-3:00 pm
10 *Story Circle (SUR) 10:30 am Yoga 1:30 pm	11 Qigong 1:30	12 Lunch with the Doc Noon Community Chorus 1:00 pm	13 *Parenting Plus (SUR) 11:00 am Yoga 1:30 pm	14 PALS Pets 1:30 pm
17 *Story Circle (SUR) 10:30 am Yoga 1:30 pm	18 *Centering yourself during the Holidays (SUR) 1:30 pm	19 Art Card-Making 10:30 am Lunch with the Doc Noon *Getting Ready for the Holidays (SUR) 2:00 pm	20 *Parenting Plus (SUR) 11:00 am Yoga 1:30 pm	21 *Healthy Holiday Eating (SUR) 1:30 pm
24 Closed for Christmas Eve	25 Closed for Christmas Day	26 Closed for Boxing Day	27 *Parenting Plus (SUR) 11:00 am	28 Loving Kindness Meditation 12:00-1:00 pm Healing around the World (Argentina) 2:00 pm
31 The Alex is closed at noon today				

Mondays: Story Circle, A Women’s Writing Group – Dec. 10 & 17, 10:30 am – 12:00 pm. A registered program for women and those who identify as female to express themselves through creative writing. No previous writing experience needed.

***Sign-up required – call Brandy at 403.617.4552**

Yoga 1:30 - 2:30 pm. Relax and reduce stress by focusing on breathing, balance & stretching. Drop-in, everyone welcome.

Tuesdays: Centering yourself during the Holidays- Dec. 4 or 18, 1:30 – 3:00 pm. The holidays can be a stressful time. Join Karen to discover ways to connect with your calm, centered self through art, writing, and movement. ***Sign-up required to guarantee your spot – call Brandy at 403.617.4552**

Wednesdays: Art Card-Making – Biweekly (Dec. 5 & 19), 10:30 am-12:00 pm. Interested in making unique, thoughtful gifts for family and friends? Please join us for creative card-making with water colour and mixed media! These sessions are drop-in, all are welcome.

Lunch with the Doc (Free Lunch) 12:00 - 2:00 pm. Join Dr. Berlin for a healthy lunch, and some light conversation. Meet at the **Community Food Centre or catch a ride from the Family Clinic at noon.** Drop-in, everyone welcome.

Community Chorus—Dec. 12, 1:00 - 2:00 pm. Vocal coach Emma returns to CommuniTree for more singing fun. This group will practice seasonal songs. Group members will also have the option of having a **community sing-along on Dec. 19** at lunchtime!

Thursdays: Parenting Plus 11:00 am - 1:00pm.

A parenting class for pregnant and parenting youth and their partners— age 24 and under (and babies up to the age of 1 year).

***Sign up required – call Emily at 403.470.1048**

Yoga 1:30 - 2:30 pm. Relax and reduce stress by focusing on breathing, balance & stretching. Drop-in, everyone welcome.

Other Programs & Events

CommuniTree Advisory Council – Dec. 3, 1:00-3:00 pm. A group of committed community members from The Alex Family Clinic. No specific experience required, but there is an application process.

Contact Dr. Christine Gibson at for more information: cgibson@thealex.ca

Women’s Art Therapy – Dec. 5, 1:30 - 4:00 pm.

A registered program for women and those who identify as female to express themselves through art. **This session is full—stay tuned for future opportunities**

Women’s Self Defense – Dec. 7, 1:00 - 3:00 pm. Gain confidence through self-defense training and a Q&A session with members of the Calgary Police Services and Discovery House.

***Sign-up required to guarantee your spot– call Brandy at 403.617.4552**

Qigong - Dec. 11, 1:30 - 2:30 pm.

Qigong practice involves moving meditation, deep rhythmic breathing, and a calm state of mind. Drop-in, everyone welcome.

PALS Pets – Dec. 14, 1:30 - 2:30 pm.

Spend time with therapy animals and improve your well-being! Drop-in, everyone welcome.

Getting Ready for the Holidays with Sam from CMHA – Dec. 19, 2:00 – 4:00 pm. This course will help you learn key skills that will help them manage typical holiday stress. Discussion will focus on the developing our self-awareness and identifying how stress presents itself to each of us. A number of key 'survival skills' will also be discussed, including time management, self-care skills, and communication strategies.

*Sign-up required to guarantee your spot – call Brandy at 403.617.4552

Healthy Holiday Eating with Pam – Dec. 21, 1:30 – 3:30 pm. This session will look at way that we can create healthier options for holiday snacks and sweets. Space is limited, so we recommend signing up in advance! Call Brandy at 403-617-4552.

Loving Kindness Meditation - Dec. 28, 12:00 - 1:00 pm. This is a meditation where you send positive energy out to others while accept it for yourself. Join Dr. Christine Gibson for an hour of healing yourself and the world.

Healing around the World (Argentina) Dec. 28, 2:00 - 3:00 pm. Join Dr. Christine Gibson to explore different health care practices from other countries and cultures, as well as the chance to experience traditional foods from these countries. Drop-in, everyone welcome.