



**CommuniTree Wellness Centre Calendar  
January 2019**

MON	TUES	WED	THURS	FRI
	1	2	3 <b>*Parenting Plus (SUR) 11:00 am</b>  Yoga 1:30 pm	4 <b>Solutions Studio: Mobility (Closed group) 1:00 pm</b>
7  Yoga 1:30 pm	8 <b>Women's Art Therapy (Closed group) 10:00 pm</b>	9 <b>QuitCore 10:00 am</b>  Lunch with the Doc Noon	10 <b>*Parenting Plus (SUR) 11:00 am</b>  Yoga 1:30 pm	11  <b>*CommuniTree Advisory Council (SUR) 1:00 pm</b>
14  <b>*Story Circle (SUR) 10:30 am</b>  Yoga 1:30 pm	15 <b>Women's Art Therapy (Closed group) 10:00 pm</b>  <b>Life skills Series: Building Better Boundaries 2:00 pm</b>	16 <b>QuitCore 10:00 am</b> Lunch with the Doc Noon Yoga 1:30 pm <b>Healthy Meals on a Budget 1:30 pm</b>	17  <b>*Parenting Plus (SUR) 11:00 am</b>	18  <b>PALS Pets 1:30 pm</b>
21  Yoga 1:30 pm	22 <b>Women's Art Therapy (Closed group) 10:00 pm</b>  <b>Life skills Series: Building Better Boundaries 2:00 pm</b>	23 <b>QuitCore 10:00 am</b> Lunch with the Doc Noon Yoga 1:30 pm <b>Healthy Meals on a Budget 1:30 pm</b>	24  <b>*Parenting Plus (SUR) 11:00 am</b>	25
28  <b>*Story Circle (SUR) 10:30 am</b>  Yoga 1:30 pm	29 <b>Women's Art Therapy (Closed group) 10:00 pm</b>  <b>Life skills Series: Building Better Boundaries 2:00 pm</b>	30 <b>QuitCore 10:00 am</b> Lunch with the Doc Noon Yoga 1:30 pm <b>Healthy Meals on a Budget 1:30 pm</b>	31  <b>*Parenting Plus (SUR) 11:00 am</b>	



## CommuniTree Wellness Centre Calendar January 2019

### Mondays

**Story Circle, A Women's Writing Group – Biweekly, 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

**Women's Art Therapy – Jan. 8 to Feb. 26, 10:00 am to 1:00 pm:** An 8-week registered program for women and those who identify as female to express themselves through art.

This session is full—stay tuned for future opportunities

**Life Skills Series – Jan. 15 to Feb. 19, 2:00 – 3:30 pm:** Do you find it hard to put your own needs first? This 6-week registered program focusses on building skills for better boundaries, relationships, and self-care through art, writing, and music. \*Sign-up required – call Brandy at 403.617.4552

### Wednesdays

**QuitCore -- Jan. 9 – Feb. 13, 10:00 am – 11:30 pm**

A free, 6-week tobacco cessation program. Participants qualify for a \$500 Blue Cross card towards tobacco cessation products.

\*Sign up required – call 1-866-710-QUIT (7848)

**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.

**Healthy Meals on a Budget – Jan. 16 to Feb. 27, 1:30 – 3:30 pm:** Nutritionist Pam will be teaching this 7-week program. Anyone who is interested in learning how to shop for, and prepare nutritious food with limited cash is welcome to register! Participants are able to take food home that they have prepared. \*Sign-up required – call Brandy at 403.617.4552

### 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.

### Monthly Programs & Events

**CommuniTree Advisory Council – Jan. 11, 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. Gibson at for more information: [cgibson@thealex.ca](mailto:cgibson@thealex.ca)

**PALS Pets – Jan. 18, 1:30-2:30 pm:**

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

***\*\*Please note that hot meals in CommuniTree Kitchen will no longer be served on Mondays and Wednesdays—the new hot meal schedule will be on Tuesdays and Thursdays.***