



**CommuniTree Wellness Centre
Calendar**

****Please note that hot meals in CommuniTree Kitchen are now on Tuesdays & Thursdays instead of Mondays & Wednesdays**

MON	TUES	WED	THURS	FRI
				1 *CommuniTree Advisory Council (SUR) 1:00 pm
4 Zumba 12:30 pm Yoga 1:30 pm	5 *Women's Art Therapy (SUR) 10:00 am *Life Skills Series (SUR) 2:00 pm	6 *QuitCore (SUR) 10:00 am *Healthy Meals on a Budget (SUR) 1:30 pm Yoga 1:30 pm	7 *Parenting Plus (SUR) 11:00 am *CMHA: A Good Night's Sleep (SUR) 1:30 pm	8
11 *Story Circle (SUR) 10:30 am Zumba 12:30 pm Yoga 1:30 pm	12 *Women's Art Therapy (SUR) 10:00 am *Life Skills Series (SUR) 2:00 pm	13 *QuitCore (SUR) 10:00 am *Healthy Meals on a Budget (SUR) 1:30 pm Yoga 1:30 pm	14 *Parenting Plus (SUR) 11:00 am *CMHA: A Good Night's Sleep (SUR) 1:30 pm	15 PALS Pets 1:30 pm *Solutions Studio-Trauma-Informed Care (SUR) 12:30 pm (lunch provided)
18 Closed for Family Day	19 *Women's Art Therapy (SUR) 10:00 am *Life skills Series (SUR) 2:00 pm	20 *Healthy Meals on a Budget (SUR) 1:30 pm Yoga 1:30 pm	21 *Parenting Plus (SUR) 11:00 am	22
25 *Story Circle (SUR) 10:30 am Zumba 12:30 pm Yoga 1:30 pm	26 Women's Art Therapy (Closed group) 10:00 am	27 *Healthy Meals on a Budget (SUR) 1:30 pm Yoga 1:30 pm	28 *Parenting Plus (SUR) 11:00 am	

CommuniTree Wellness Centre #102, 2840 – 2 Ave SE

***SUR= Sign up required, contact Brandy at 403.617.4552 or bbasisty@thealex.ca**



CommuniTree Wellness Centre Calendar

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. Please contact Brandy at 403.617.4552 or bbasisty@thealex.ca

Zumba 12:30 – 1:00 pm: Come dance your stress out and get fit, in a chair or on your feet! All levels welcome.

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. *Sign up required. Please contact Brandy at 403.617.4552 or bbasisty@thealex.ca

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 program focusses on building skills for better boundaries, relationships, and self-care through art, writing, and music. *Sign up required. Please contact Brandy at 403.617.4552 or bbasisty@thealex.ca

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 at Community Food Centre) 12:00 - 2:00 pm: Join Dr. Berlin for a healthy lunch, and some light conversation. Meet at the **Community Food Centre (4920- 17 Ave SE) or catch a ride from the Family Clinic at noon.** Drop-in, everyone welcome.

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Healthy Meals on a Budget – Jan. 16 to Feb. 27, 1:30 – 3:30 pm: 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. Please contact Brandy at 403.617.4552 or bbasisty@thealex.ca

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

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

A Good Night's Sleep (CMHA) 1:30 – 3:30 pm on February 7 and 14 (2 parts). Join Mary Lou to learn about how sleep affects you, and all of the different things you can do to help you get a better night's sleep. *Sign up required. Please contact Brandy at 403.617.4552 or bbasisty@thealex.ca

Monthly Programs & Events

Solutions Studio: Healing From Trauma– February 15, 12:30 – 3:30 pm:

CommuniTree Advisory Council – February 1, 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. *Sign up required. Please contact Brandy at 403.617.4552 or bbasisty@thealex.ca

PALS Pets – Feb. 15, 1:30 - 2:30 pm:
Spend time with therapy animals and improve your well-being! Drop-in, everyone welcome.

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