

The Alex CommuniTree Wellness Centre

Spring Calendar 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Women's Story Circle (bi-weekly) 10:30-12:00 p.m.</p> <p>Volunteer Food Prep 9:30-1:30 p.m.</p> <p>Drop-In Zumba 12:30-1:00 p.m.</p> <p>Drop-In Beginner Yoga 1:30-2:30 p.m.</p>	<p>Drop-In Community Lunch 12:00-1:00 p.m.</p> <p>Creating Healthy Boundaries 2:00-4:00 p.m. <i>Starts May 14</i></p>	<p>DBT Skills Group 11:30-1:30 p.m. <i>Starts May 15</i></p> <p>Drop-In Beginner Yoga 11:00-12:00 p.m.</p> <p>Drop-In Walk with the Doc (April 3, 17, 24, May 1, 8, 22) 12:00-1:30 p.m.</p> <p>Art of Friendship 2:00-4:00 p.m.</p>	<p>Youth Parenting Plus 11:00-1:00 p.m.</p> <p>Drop-In Community Lunch 12:00-1:00 p.m.</p> <p>Indigenous Elder Connections 1:30-3:00 p.m. <i>Starts May 2</i></p> <p>Healthy Cooking on a Budget 2:00-4:00 p.m.</p>	<p>Quitcore 10:00-12:00 p.m. <i>Starts April 26</i></p> <p>CommuniTree Advisory Council (April 26, May 24, June 28) 1:00-3:00 p.m.</p> <p>Drop-In Pet Therapy (April 12, May 17, June 21) 1:30-2:30 p.m.</p>

Registration is ongoing. See page 2 to register!

All programs are no cost and prioritized for people living on low-incomes.

Program Descriptions

Monday

Story Circle: A Women's Writing Group

A bi-weekly program for those who identify as female. Express yourself through creative writing. No experience required. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Volunteer Food Prep

For more information, call 403-513-7422 or email our Volunteer Administrator at volunteer@thealex.ca

Drop-In Zumba

Come dance your stress out and get fit, in a chair or on your feet! Drop-in, all levels and everyone welcome. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Drop-In Yoga

Relax and reduce stress by focusing on breathing, balance and stretching. Drop-in, all levels and everyone welcome. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Tuesday

Drop-In Community Lunch

Free, nutritious, and delicious lunch shared with others. Drop-in, everyone welcome. Contact (403) 617-4552 or wellness@thealex.ca

Creating Healthy Boundaries

Do you find it hard to put your own needs first? Join us to build skills for setting limits with others, relationships, and self-care through art, writing, movement, and discussion. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Wednesday

DBT Skills Group

Improve your coping skills, relationship skills, and reflect on your emotions so you can enjoy life to the fullest. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Drop-In Yoga

Relax and reduce stress by focusing on breathing, balance & stretching. Drop-in, all levels and everyone welcome. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Art of Friendship

This course will help you learn about yourself, and build more confidence to help you achieve your relationship goals. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Drop-In Walk with the Doc

Join Dr. Berlin for a healthy lunch and walk. Meet at the Community Food Centre or catch a ride from the Family Clinic at noon. April 3, 17, 24, and May 1, 8, 22. Please note we will not be walking in June. Drop-in, everyone welcome. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Thursday

Youth Parenting Plus

A parenting class for pregnant and parenting youth and their partners— age 24 and under (and babies up to the age of 1 year). Contact Emily (403) 470-1048

Drop-In Community Lunch

Free, nutritious and delicious lunch shared with others. Drop-in, everyone welcome. Contact (403) 617-4552 or wellness@thealex.ca

Indigenous Elder Connections

Have fun playing games, listening to oral stories, and learning Indigenous ways of life. Contact Carrole (403) 617-4552 or cplourde@thealex.ca

Healthy Cooking on a Budget

A 7-week cooking program to learn how to shop for, and prepare nutritious food on a limited budget. Participants are able to take food home that they have prepared. Contact (403) 617-4552 or wellness@thealex.ca

Friday

QuitCore

A free, 6-week tobacco cessation program. Participants qualify for a \$500 Blue Cross card towards tobacco cessation products. Contact 1-866-710-QUIT (7848) or www.albertaquits.ca

CommuniTree Advisory Council

A group of committed community members from The Alex Family Clinic. No specific experience required, but there is an application process. Meeting April 26, May 24, and June 28. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca

Drop-In Pet Therapy

Spend some time with therapy animals and improve your well-being! Drop-in, everyone welcome. April 12, May 17, June 21. Contact Brandy (403) 617-4552 or bbasisty@thealex.ca