

# The Alex CommuniTree Wellness Centre

**Summer Calendar 2019**  
*July, August, September*



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Volunteer Food Prep</b> 9:30-1:30 p.m.</p> <p><b>Drop-In Zumba</b> 12:30-1:00 p.m.</p> <p><b>Drop-In Beginner Yoga</b> 1:30-2:30 p.m.</p>	<p><b>Art Therapy</b> 9:30-12:30 a.m. <i>Starts August 6</i></p> <p><b>Drop-In Community Lunch</b> 12:00-1:00 p.m.</p> <p><b>Creating Healthy Boundaries</b> 2:00-4:00 p.m. <i>Starts July 23</i></p>	<p><b>Quitcore</b> 10:00-11:30 a.m. <i>Starts Aug 21</i></p> <p><b>Drop-In Walk with the Doc</b> July &amp; August 12:00-1:30 p.m.</p> <p><b>Drop-In Beginner Yoga</b> 1:30-2:30 p.m.</p> <p><b>Healthy Cooking on a Budget</b> 2:00-4:00 p.m. <i>Starts July 3</i></p>	<p><b>Youth Parenting Plus</b> 11:00-1:00 p.m.</p> <p><b>Drop-In Community Lunch</b> 12:00-1:00 p.m.</p> <p><b>Distress Tolerance</b> 2:00-3:30 p.m. <i>Starts July 18</i></p> <p><b>Indigenous Elder Connections</b> 1:30-3:00 p.m.</p>	<p><b>CommuniTree Advisory Council</b> July 26, Aug 30, Sept 27 1:00-3:00 p.m.</p> <p><b>Drop-In Pet Therapy</b> First and third Friday every month 1:30-2:30 p.m.</p>

*Registration is ongoing. See page 2 to register!*

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

# Program Descriptions

## Monday

### **Volunteer Food Prep**

For more information, call 403-513-7422 or email [volunteer@thealex.ca](mailto: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 of ability welcome. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@thealex.ca)

### **Drop-In Yoga**

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

## Tuesday

### **Art Therapy**

An 8-week registered program for participants to express themselves through art. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@thealex.ca)

### **Drop-In Community Lunch**

Free, nutritious, and delicious lunch shared with others. Drop-in, everyone welcome. Contact Kim (403) 899-4695 or [kmcgough@thealex.ca](mailto:kmcgough@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](mailto:bbasisty@thealex.ca)

## Wednesday

### **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](http://www.albertaquits.ca)

### **Drop-In Walk with the Doc**

Join Dr. Berlin for a healthy lunch and walk. Meet at the Community Food Centre front doors at 1 pm, or catch a ride from the Family Clinic at noon. Every Wednesday in July and August. Drop-in, everyone welcome. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@thealex.ca)

### **Drop-In Yoga**

Relax and reduce stress by focusing on breathing, balance & stretching. Drop-in, all levels of ability welcome. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@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 Kim (403) 899-4695 or [kmcgough@thealex.ca](mailto:kmcgough@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 Kim (403) 899-4695 or [kmcgough@thealex.ca](mailto:kmcgough@thealex.ca)

### **Distress Tolerance Skills Group**

Learn more healthy ways to cope with stress, and connect with your own wisdom. This program is open to adults who are patients, clients or community members of The Alex only. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@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](mailto:cplourde@thealex.ca)

## Friday

### **CommuniTree Advisory Council**

A group of committed community members from The Alex Family Clinic. No specific experience required, but there is an application process. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@thealex.ca)

### **Drop-In Pet Therapy**

Spend some time with therapy animals and improve your well-being! Drop-in, everyone welcome. First and third Friday of every month. Contact Brandy (403) 617-4552 or [bbasisty@thealex.ca](mailto:bbasisty@thealex.ca)