

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast 9:30 - 11:30	2 Women's Circle 11 - 1:30 Self Care Social Club 12 - 1 Art Group 1 - 2:30 Queer Connections 2:30 - 4	3 Lunch 11 - 1 Wellbriety Wellness Circle 2 - 4	4 Yoga 12 - 1 FoodFit 1 - 3
7	8 Breakfast 9:30 - 11:30 Collective Kitchen 1 - 3	9 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	10 Lunch 11 - 1 Wellbriety Wellness Circle 2 - 4	11 Yoga 12 - 1 FoodFit 1 - 3
14	15 Breakfast 9:30 - 11:30	16 Women's Circle 11 - 1:30 Self Care Social Club 12 - 1 Art Group 1 - 2:30 Queer Connections 2:30 - 4	17 Lunch 11 - 1 Wellbriety Wellness Circle 2 - 4	18 CLOSED for Good Friday
21 CLOSED for Easter Monday	22 Breakfast 9:30 - 11:30 Mental Health Group 230 - 4	23 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	24 Lunch 11 - 1 Wellbriety Wellness Circle 2 - 4	25 Yoga 12 - 1 FoodFit 1 - 3
28	29 Breakfast 9:30 - 11:30 Balanced Baking 1 - 3	30 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30		

Elder & Cultural Supports

Women's Circle:

Join us weekly as we explore a range of important topics for women through an Indigenous lens. Each week covers a new topic. No registration required.

Mindfulness & Stress Management

Drop-in Art:

This group is for people to get together and work on a variety of art projects. All skill levels welcome, supplies will be provided.

Yoga:

Come unwind and relax at our weekly drop-in yoga instructed by Jacquot! All are welcome as this is a class for individuals of all skill levels. No registration is required.

Mental Health Skills

Wellbriety Wellness Circle:

The Wellbriety Movement is primarily designed to support people in the process of addiction recovery and can be applied to anyone struggling with mental health. The program adopts a holistic approach to support with all aspects of health. It utilizes the Medicine Wheel, 7 Sacred Teachings, and the Four Laws of Change. For more information email Kasia at kwyssocki@thealex.ca

Self Care Social Club:

The Self Care Social club is all about taking care of you. Learn new strategies to deal with your mental health, build self-confidence and connect with others to explore new ideas. This group meets on the first and third Wednesday of every month. No registration required.

Mental Health Group:

The Alex mental health team will host a mental health discussion on a specific topic. Each month will explore a different aspect of mental health to better understand its effect on us, and how we can better manage it. No registration required. Ask staff for more information.

Healthy Eating

Collective Kitchen:

Join Clara in the CHC kitchen and learn how to cook a variety of meals and snacks for each season! No cost to register and all ingredients are included. To register contact Clara (ccastro-zunti@thealex.ca).

Balanced Baking:

Learn how to bake using healthier and nutrient dense ingredients. Maximum 10 participants. Register online or contact Clara (ccastro-zunti@thealex.ca) or Kevin (kperkin@thealex.ca).

FoodFit:

This 12 week program combines healthy cooking with exercise and movement to promote a healthier lifestyle. Register online or contact Clara (ccastro-zunti@thealex.ca) or Kevin (kperkin@thealex.ca).

LGBTQ2S+

Queer Connections:

Social group for all Alex community members who identify as queer. A drop-in group that welcomes all, allies included. Topics and activities will vary week to week. 18+