

MARCH

2025 
 Community Health Centre
 2840 2 Ave SE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Grief Group 2:30 - 4:30	5 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	6 Lunch 11 - 1 Wellbriety 2 - 4	7 Yoga 12 - 1 FoodFit 1 - 3 GoodFood Box Delivery
10	11 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Balanced Baking 1 - 3 Grief Group 2:30 - 4:30	12 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	13 Lunch 11 - 1 Wellbriety 2 - 4	14 Yoga 12 - 1 FoodFit 1 - 3
17 	18 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Collective Kitchen 1 - 3 Grief Group 2:30 - 4:30 GoodFood Box Order Deadline	19 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	20 Lunch 11 - 1 Wellbriety 2 - 4	21 Yoga 12 - 1 FoodFit 1 - 3
24	25 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Grief Group 2:30 - 4:30	26 Women's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	27 Lunch 11 - 1 Wellbriety 2 - 4	28 Yoga 12 - 1 FoodFit 1 - 3
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 Mindfulness/Stress Management
  Elder/Cultural Supports
  Mental Health Skills Groups
  Exercise/Movement
  Healthy Eating
  LGBTQ+

Elder & Cultural Supports

Conversation Cafe:

The Conversation Cafe is a social group for individuals aged 50+ looking to meet likeminded individuals within the community. Each week hosts a different activity. Refreshments provided. Drop-in on Tuesdays from 12PM - 1PM.

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:

The Wellbriety Movement is primarily designed to support people in the process of addiction recover 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

Grief & Loss Support Group:

Join us for a weekly drop-in discussion as we explore grief and loss, and how we can better manage these feelings throughout our lives. Discuss strategies, share stories and build connections.

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).

Food Fit:

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+