

May

2025
the alex.
Community Health Centre
2840 2 Ave SE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Lunch 11 - 1 Yoga 1 - 2 Wellbriety Wellness Circle 2 - 4	2 FoodFit 1 - 3
5	6 Breakfast 9:30 - 11:30 Senior's Sharing Circle 12 - 2 Yoga 1 - 2 Addiction Allies Group 230 - 4	7 Self Care Social Club 12 - 1 Art Group 1 - 2:30 Queer Connections 2:30 - 4	8 Lunch 11 - 1 Yoga 1 - 2 Wellbriety Wellness Circle 2 - 4	9 FoodFit 1 - 3
12	13 Breakfast 9:30 - 11:30 Senior's Sharing Circle 12 - 2 Yoga 1 - 2 Collective Kitchen 1 - 3 Addiction Allies Group 230 - 4	14 Art Group 1 - 2:30 Queer Connections 2:30 - 4	15 Lunch 11 - 1 Yoga 1 - 2 Wellbriety Wellness Circle 2 - 4	16
19 CLOSED for Victoria Day	20 Breakfast 9:30 - 11:30 Senior's Sharing Circle 12 - 2 Yoga 1 - 2 Addiction Allies Group 230 - 4	21 Self Care Social Club 12 - 1 Art Group 1 - 2:30 Queer Connections 2:30 - 4	22 Lunch 11 - 1 Yoga 1 - 2 Wellbriety Wellness Circle 2 - 4	23
26	27 Breakfast 9:30 - 11:30 Senior's Sharing Circle 12 - 2 Yoga 1 - 2 Addiction Allies Group 230 - 4	28 Art Group 1 - 2:30 Queer Connections 2:30 - 4	29 Lunch 11 - 1 Yoga 1 - 2 Wellbriety Wellness Circle 2 - 4	30 Senior's Cooking Class 1 - 3

Elder & Cultural Supports

Senior's Sharing Circle:

This class is for community members age 55+ who are looking to connect with others through conversation and creative expression. 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 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

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.

Addiction Allies Support Group:

If you know a friend or loved one who is dealing with addictions then this group is for you. The Addiction Allies Support Group is focused on providing support, connection and understanding to anyone who is helping someone through an addiction, or if you just want to learn more. This is a drop-in group every Tuesday from May 6 - June 10.

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).

Senior's Cooking Class:

This cooking class is aimed at seniors aged 55+ to promote social connection while learning fun and nutritious recipes. 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+