NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beading with Bobby 12:30 - 4	4 Breakfast 9:30 - 11:30 Queer Connections 1 - 2:30	5 Self Care Social Club 12 - 1 Art Group 1 - 2:30 Men & Emotions: Real Talk 1 - 3 Yoga 2:30 - 3:30	6 Community Lunch 11 - 1 Wellbriety 1 - 3	7 Food Fit 11 - 2
10 Beading with Bobby 12:30 - 4	11 CLOSED: REMEMBRANCE DAY	12 Art Group 1 - 2:30 (Planned Activity) Men & Emotions: Real Talk 1 - 3 Yoga 2:30 - 3:30	13 Community Lunch 11 - 1 Wellbriety 1 - 3	14 Food Fit 11 - 2 GFB Payment Due
17 Beading with Bobby 12:30 - 4	18 Breakfast 9::30- 11:30 Queer Connections 1 - 2:30 Balanced Baking 1 - 3	19 Self Care Social Club 12 - 1 Art Group 1 - 2:30 Men & Emotions: Real Talk 1 - 3 Yoga 2:30 - 3:30	20 Community Lunch 11 - 1 Wellbriety 1 - 3	21 Food Fit 11 - 2
24 Beading with Bobby 12:30 - 4	25 Breakfast 9:30 - 11:30 Queer Connections 1 - 2:30	26 Art Group 1 - 2:30 Men & Emotions: Real Talk 1 - 3 Yoga 2:30 - 3:30	27 Community Lunch 11 - 1 Wellbriety 1 - 3	28 Food Fit 11 - 2 GFB Pickup: 10 - 4

Elder & Cultural Supports

Beading With Bobby:

A traditional craft-making group where participants practice bead-making art. All experience levels are welcome, register at CHC Front Desk, or contact Bobby (rtatti@thealex.ca) for any inquiries.

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. This group is for ages 18+.

Mindfulness & Stress Management

Art Group:

This group is for people to get together and work on a variety of art projects. Runs bi-weekly, one session will be open (do your own activity), and one session will be a planned activity. 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 a holistic, culturally grounded approach to recovery that supports Indigenous people facing addiction and mental health challenges. It combines wellness and sobriety to promote healing on physical, emotional, mental, and spiritual levels. Rooted in the Medicine Wheel, the 7 Sacred Teachings, and the Four Laws of Change, it also integrates the principles of the 12 Steps through an Indigenous lens, emphasizing community, tradition, and spiritual growth.
For more information email LHuard@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.

Men & Emotions: Real Talk

This men's group is focused on exploring and identifying how emotions are felt and expressed. Each week will cover a different topic to help provide support and advice for men looking to better understand and manage emotions. This is a drop-in group every Wednesday starting on October 29th.

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 Rachel (rstutz@thealex.ca).

Food Fit:

FoodFit is a 12 week program. In each class, participants discuss a nutrition topic, cook a meal related to the nutrition topic, participate in joyful movement, and build connections with other community members! This class requires pre-registration. If interested in joining the FoodFit journey in the future, contact Clara! ccastro-zunti@thealex.ca. There will be another FoodFit in Spring 2026