

October



2024 *the alex.*
Community Health Centre
2840 2 Ave SE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2	2 Art Group 1 - 2:30 Queer Connections 2:30 - 4	3 Lunch 11 - 1 Wellbriety 2 - 4	4 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
7	8 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Collective Kitchen 12:30 - 3	9 Art Group 1 - 2:30 Queer Connections 2:30 - 4	10 Lunch 11 - 1 Wellbriety 2 - 4	11 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
14 CLOSED	15 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Depression Self Help 12 -2	16 Art Group 1 - 2:30 Queer Connections 2:30 - 4	17 Lunch 11 - 1 Wellbriety 2 - 4	18 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
21	22 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Depression Self Help 12 -2	23 Art Group 1 - 2:30 Queer Connections 2:30 - 4 Balanced Baking 1 - 3	24 Lunch 11 - 1 Wellbriety 2 - 4	25 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
28	29 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Depression Self Help 12 -2	30 Art Group 1 - 2:30 Queer Connections 2:30 - 4	31 Lunch 11 - 1 Wellbriety 2 - 4	

● Mindfulness/Stress Management
● Elder/Cultural Supports
● Mental Health Skills Groups
● Exercise/Movement
● Healthy Eating
● LGBTQ+

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+

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

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.

Elder in Residence:

You are invited to join us for open discussion and exploration around Indigenous culture with a local Elder.

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.

Walking Group:

Come and enjoy a weekly walking group with Jacquot and Theresa. Dress for the weather and wear your best walking shoes. You will also have the chance to make your own smoothie to take on your walk.

Collective Kitchen:

Join us at the CHC kitchen to learn kitchen skills, connect with community members, share a meal together, and bring home some meals for the week. Maximum 10 participants. Register online or contact Clara (ccastro-zunti@thealex.ca) or Kevin (kperkin@thealex.ca).

Mental Health Skills Group:

Learn about various topics regarding your mental health in this group. Each class will explore a different topic which is outlined on the calendar. This class is a drop-in so no registration is required.

Balanced Baking

Calling all kids and parents! Join us at the CHC kitchen to learn how to make fun, easy, and healthy snacks just in time for school! Join us on September 3rd from 12:30pm to 2:30pm. Maximum 10 participants. Register online or contact Clara (ccastro-zunti@thealex.ca) or Kevin (kperkin@thealex.ca).

Conversation Cafe:

The Conversation Cafe will be starting up again on September 17th and will include a variety of activities and discussions aimed at older adults.

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).