

# AUGUST

The Alex Community Health Centre Monthly Events Calendar  
2840 2<sup>nd</sup> Ave SE, Calgary Alberta

2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lunch 11 – 1 Mental Health Group- Window of Tolerance 3-4 Wellbriety 3-5	2
5 Yoga 12 - 1 Walking Group 1:15-3:15	6 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 -12	7 Art Group 1- 2:30 Queer Connections 2:30 - 4	8 Lunch 11 – 1 Wellbriety 3-5	9
12 Yoga 12 - 1 Walking Group 1:15-3:15	13 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 -12 Collective Kitchen 12:30-3:00	14 Art Group 1- 2:30 Queer Connections 2:30 - 4	15 Lunch 11 – 1 Mental Health Group: Boundaries 3-4 Wellbriety 3-5	16
19 Yoga 12 - 1 Walking Group 1:15-3:15	20 Breakfast 9:30-11:30 Elder in Residence 10 - 12 Drop-in Isspomaanitapi Space 10 -12	21 Art Group 1- 2:30 Queer Connections 2:30 - 4	22 Lunch 11 – 1 Wellbriety 3-5	23
26 Yoga 12 – 1 Walking Group 1:15-3:15	27 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 - 12 Back to School Snacks: 12:30-2:30	28 Art Group 1- 2:30 Queer Connections 2:30 - 4	29 Lunch 11-1 Mental Health Group: Anxiety Management 3-4 Wellbriety 3-5	30

**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 recovery and can be applied to anyone who is struggling with Mental Health concerns. It adopts a holistic approach to support with physical, emotional, mental, and spiritual healing. It focuses on the Medicine Wheel, 7 Sacred Teachings, and the Four Laws of Change. For more information email [kwysoki@thealex.ca](mailto:kwysoki@thealex.ca)

**Drop-in Art:** This is a group for people to get together and work various art projects. All skill levels are welcome, all supplies are provided.

**Yoga:** Come unwind and relax at our new weekly drop-in yoga instructed by Jacquot! All are welcome as this is a class for individuals of all skill levels. This is a drop-in class so 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.

**Collective Kitchen:** Join us at the CHC kitchen to learn kitchen skills, connect with community members, share a meal together, and bring some meals home for the week! This month we will be making salad rolls, crispy tofu, and cucumber salad. Register online or contact Clara. Maximum 10 participants. e: [ccastro-zunti@thealex.ca](mailto:ccastro-zunti@thealex.ca) | p: 587-583-0094.

**Mental Health Group:** Learn about various topics regarding your mental health in this group. Each class has a different topic outlined on the calendar. This class is held on a drop-in basis!

**Back to School Snacks:** 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! We are offering two classes: one this August and one on September 3rd from 12:30- 2:30pm. Register online or contact Clara. Maximum 10 participants. e: [ccastro-zunti@thealex.ca](mailto:ccastro-zunti@thealex.ca) | p: 587-583-0094.

**Seniors Group:** Stay tuned for updates on when this group resumes!