

# July

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

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Closed</b>	2 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 - 12 Seniors Social Group 1-2:30	3 Art Group 1- 2:30 Queer Connections 2:30 - 4	4 Lunch 11 - 1 Wellbriety 3-5	5
8 Yoga 12 - 1 Walking Group 1:15-3:15	9 <b>LUNCH 11:30 - 1:30</b> Drop-in Isspomaanitapi Space 10 - 12 Seniors Group Potluck 1-2:30	10 Art Group 1- 2:30 Queer Connections 2:30 - 4	11 Lunch 11 - 1 Wellbriety 3-5	12
15 Yoga 12 - 1 Walking Group 1:15-3:15	16 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 - 12 Collective Kitchen 12-3	17 Art Group 1- 2:30 Queer Connections 2:30 - 4	18 Lunch 11 - 1 Mental Health Group 3-4 Wellbriety 3-5	19
22 Yoga 12 - 1 Walking Group 1:15-3:15	23 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 - 12	24 Art Group 1- 2:30 Queer Connections 2:30 - 4	25 Lunch 11 - 1 Wellbriety 3-5	26
29 Yoga 12 - 1 Walking Group 1:15-3:15	30 Breakfast 9:30-11:30 Drop-in Isspomaanitapi Space 10 - 12	31 Art Group 1- 2:30 Queer Connections 2:30 - 4		

**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 [kwyssocki@thealex.ca](mailto:kwyssocki@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:** Are you interested in cooking and don't know where to start? Join us at the CHC kitchen to learn kitchen skills, build relationships with community members, share a meal together, and bring some meals home for the week!

**Mental Health Group:** Details TBD.