


NOVEMBER



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
4	5 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Isspomaanitapi Drop-in 10-12 Elder Jackie 12 - 4	6 Art Group 1 - 2:30 Queer Connections 2:30 - 4	7 Lunch 11 - 1 Wellbriety 2 - 4	8 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
11 Remembrance Day CLOSED 	12 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Traditional Teachings 12 - 2	13 Art Group 1 - 2:30 Queer Connections 2:30 - 4 Men's Circle 11 - 1:30	14 Lunch 11 - 1 Wellbriety 2 - 4	15 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
18	19 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Isspomaanitapi Drop-in 10 - 12 Traditional Teachings 12 - 2 Learn to Pickle 1 - 3	20 Art Group 1 - 2:30 Queer Connections 2:30 - 4 Men's Circle 11 - 1:30	21 Lunch 11 - 1 Wellbriety 2 - 4	22 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2
25	26 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Balanced Baking 1 - 3 Traditional Teachings 12 - 2	27 Art Group 1 - 2:30 Queer Connections 2:30 - 4 Men's Circle 11 - 1:30	28 Lunch 11 - 1 Wellbriety 2 - 4	29 Yoga 12 - 1 Walking Group 1:15 - 3:15 FoodFit 11 - 2 Isspomaanitapi Drop-in 10 - 12

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

Exercise & Movement

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.

Elder & Cultural Supports

Conversation Cafe:

The Conversation Cafe is a social group for individuals aged 50+ looking to meet likeminded individuals within the community. Each week hosts a different activity. Refreshments provided. Drop-in on Tuesdays from 12PM - 1PM.

Elder in Residence:

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

Drop-in Space:

This is an open space for those looking for Indigenous services such as smudging, peer support, or a relaxation space for members of the Indigenous community.

Men's Circle:

Join us weekly as we explore a range of important topics for men through an Indigenous lens. Each week covers a new topic. 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:

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

Healthy Eating

Learn to Pickle

Join Clara in the CHC kitchen and learn how to pickle and preserve a variety of summer vegetables, reduce food waste, and enjoy a meal together with pickled items! No cost to register and all ingredients are included. To register contact Clara (ccastro-zunti@thealex.ca).

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).

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).

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+