

# FEBRUARY



| MONDAY       | TUESDAY  | WEDNESDAY   | THURSDAY                                   | FRIDAY  |
|--------------|--|---|--|---|
| 3            | 4 <b>Breakfast 9:30 - 11:30</b><br>Conversation Cafe 12 - 2<br>Balanced Baking 1 - 3<br>Depression Group 2:30 - 4:30                               | 5 <b>Traditional Teachings 10-12</b><br>Men's Circle 11 - 1:30<br>Queer Connections 2:30 - 4<br>Art Group 1 - 2:30  | 6 <b>Lunch 11 - 1</b><br>Wellbriety 2 - 4  | 7 <b>GoodFood Box Delivery</b>                            |
| 10           | 11 <b>Breakfast 9:30 - 11:30</b><br>Conversation Cafe 12 - 2<br>Collective Kitchen 1 - 3<br>Grief Group 2:30 - 4:30                                | 12 <b>Traditional Teachings 10-12</b><br>Men's Circle 11 - 1:30<br>Queer Connections 2:30 - 4<br>Art Group 1 - 2:30 | 13 <b>Lunch 11 - 1</b><br>Wellbriety 2 - 4 | 14 <b>Yoga 12 - 1</b><br>Senior's Sweetheart Lunch 11 - 2 |
| 17<br>CLOSED | 18 <b>Breakfast 9:30 - 11:30</b><br>Conversation Cafe 12 - 2<br>Grief Group 2:30 - 4:30  | 19 <b>Traditional Teachings 10-12</b><br>Men's Circle 11 - 1:30<br>Queer Connections 2:30 - 4<br>Art Group 1 - 2:30 | 20 <b>Lunch 11 - 1</b><br>Wellbriety 2 - 4 | 21 <b>Yoga 12 - 1</b><br>FoodFit 1 - 3                    |
| 24           | 25 <b>Breakfast 9:30 - 11:30</b><br>Conversation Cafe 12 - 2<br>Collective Kitchen 1 - 3<br>Grief Group 2:30 - 4:30<br>GoodFood Box Order Deadline | 26 <b>Traditional Teachings 10-12</b><br>Men's Circle 11 - 1:30<br>Queer Connections 2:30 - 4<br>Art Group 1 - 2:30 | 27 <b>Lunch 11 - 1</b><br>Wellbriety 2 - 4 | 28 <b>Yoga 12 - 1</b><br>FoodFit 1 - 3                    |

## 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.

### Traditional Teachings:

Join us for traditional teachings as we explore Indigenous ways of knowing, thinking and feeling. Understand how Indigenous wholistic approaches emphasize connection.

### 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](mailto:kwyssocki@thealex.ca)

### Grief & Loss Support Group:

Join us for a weekly drop-in discussion as we explore grief and loss, and how we can better manage these throughout our lives. Discuss strategies, share stories and build connections.

## 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](mailto: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](mailto:ccastro-zunti@thealex.ca)) or Kevin ([kperkin@thealex.ca](mailto:kperkin@thealex.ca)).

### Senior's Sweetheart Luncheon:

Cook your own Valentine's meal and connect with people and build friendships. Age 55+. Maximum 12 participants. Register online or contact Theresa ([thendricken@thealex.ca](mailto:thendricken@thealex.ca)) or Clara ([ccastro-zunti@thealex.ca](mailto:ccastro-zunti@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+