

JANUARY



2025 *the alex.*
 Community Health Centre
 2840 2 Ave SE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED	2 Lunch 11 - 1 Wellbriety 2 - 4	3
6	7 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2	8 Traditional Teachings 10-12 Men's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	9 Lunch 11 - 1 Wellbriety 2 - 4	10 Yoga 12 - 1
13	14 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Collective Kitchen 1 - 3 Depression Group 2:30 - 4:30	15 Traditional Teachings 10-12 Men's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	16 Lunch 11 - 1 Wellbriety 2 - 4	17 Yoga 12 - 1
20	21 Breakfast 9:30 - 11:30 Balanced Baking 11 - 1 Conversation Cafe 12 - 2 Depression Group 2:30 - 4:30	22 Traditional Teachings 10-12 Men's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	23 Lunch 11 - 1 Wellbriety 2 - 4	24 Yoga 12 - 1
27	28 Breakfast 9:30 - 11:30 Conversation Cafe 12 - 2 Collective Kitchen 1 - 3 Depression Group 2:30 - 4:30	29 Traditional Teachings 10-12 Men's Circle 11 - 1:30 Queer Connections 2:30 - 4 Art Group 1 - 2:30	30 Lunch 11 - 1 Wellbriety 2 - 4	31 Yoga 12 - 1

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

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

Depression Support Group:

Join us for a weekly drop-in discussion as we explore depression and how we can better manage it 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).

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+