

November 2022

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
CALGARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 ● Treat Yourself Tuesday: Bingo! (2 - 4 pm)</p> <p>Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>2 ● Welcome Wednesday: Welcome Centre & Recovery College Tour (2 - 2:30 pm)</p> <p>Gentle Movement (2:30 - 4 pm)</p>	<p>3 ● Circle of Friends: Bracelet Making (2 - 4 pm)</p>	<p>4 ● Feel Good Friday: Journaling (2 - 4 pm)</p>
<p>7 Circle of Friends: Chat & Sign Language Craft 2 - 4 pm</p>	<p>8 ● Treat Yourself Tuesday: Creative Writing (2 - 4 pm)</p> <p>Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>9 ● Welcome Wednesday: Welcome Centre & Recovery College Tour (2 - 2:30 pm)</p> <p>Coffee & Chat (2:30 - 4 pm)</p>	<p>10 ● Circle of Friends: Chat & Family Feud (2 - 4 pm)</p>	<p>11 ● Remembrance Day Welcome Centre Closed</p>
<p>14 ● Circle of Friends: Button Tree Craft 2 - 4 pm</p>	<p>15 ● Treat Yourself Tuesday: Regal Cat Cafe Outing (2 - 4 pm, \$10)</p> <p>Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>16 ● Team Development Day Welcome Centre Closed</p>	<p>17 ● Circle of Friends: Current Events & Coffee (2 - 4 pm)</p>	<p>18 ● Feel Good Friday: Practicing Mindfulness Meditation & Stretch (2 - 4 pm)</p>
<p>21 ● Circle of Friends: Chat & Telestrations! (2 - 4 pm)</p>	<p>22 ● Treat Yourself Tuesday: TELUS Spark Outing (12 - 3 pm, FREE)</p> <p>Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>23 ● Welcome Wednesday: Welcome Centre & Recovery College Tour (2 - 2:30 pm)</p> <p>Coffee & Chat (2:30 - 4 pm)</p>	<p>24 ● Circle of Friends: End of Fall Scrapbooking (2 - 4 pm)</p>	<p>25 ● Feel Good Friday: Positive Affirmations Workshop (2 - 4 pm)</p>
<p>28 ● Circle of Friends: Circle of Friends at Central Library (1:30 - 4 pm)</p>	<p>29 ● Treat Yourself Tuesday: Board & Card Games (2 - 4 pm)</p> <p>Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>30 ● Welcome Wednesday: Welcome Centre & Recovery College Tour (2 - 2:30 pm)</p> <p>Make a Vision Board (2:30 - 4 pm)</p>	<p>To Register Please visit www.recoverycollegecalgary.ca or call 403-297-1402 All sessions take place at the CMHA Calgary Welcome Centre</p> <p>General Welcome Centre Hours: 11 am - 4 pm, Monday - Friday</p>	

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CMHA Calgary Recreation Drop-in Programs

Recreation and connection are vital to our well-being. As part of CMHA Calgary's Welcome Centre and Recovery College, the Leisure Recreation program is designed to support individuals to connect with each other, and learn a bit more about ourselves. Through a variety of activities and recovery-focused conversation, participants will learn, laugh and build new friendships!



● Circle of Friends

You can practice your social skills, build friendships, and discover social engagement in a new way. Join us to participate in recreational activities and build your sense of community through discussion.



● Treat Yourself Tuesday

Participate with your peers in fun recreational activities while building your leisure skills and connecting with community!



● Caregiver Connections

A supportive space led by Family Peer Supporters, to enhance the mental health of all types of caregivers; socialize and bond with fellow caregivers and be empowered to realize you are not alone on this journey. Please register online to receive the zoom information.



● Welcome Wednesday

New to CMHA? Come explore our Recovery College and Welcome Center with a quick tour! Afterwards there will be an enjoyable activity to get you even more familiar with the space and our team!



● Feel Good Friday

You can join us for an enjoyable activity to learn about the importance of self-care, mindfulness, and self-preservation, and gain skills to maintain a positive, recovery-focused mindset.

September Highlights

Please note outings are subject to change, cancellation, and are weather permitting. To register for outings, go to www.recoverycollegecalgary.ca.

- **November 15 - Regal Cat Café (Outing):** Do you love animals, especially cats? Join us in the community at the Regal Cat Cafe. This outing is \$10 for a 30-minute visit with cats. This outing has a **maximum of 8 spots** for participants, and spots will be given based off of order of online registration. Want to join us at the Cat Café? please let us know by calling 403-297-1402 or emailing peer@cmha.calgary.ab.ca.
- **November 22 - TELUS Spark Science Centre (Outing):** Free Admission. This outing has a **maximum of 6 spots** for participants, and spots will be given based off of order of online registration. Want to meet us at the science center? Then please let us know by calling 403-297-1402 or emailing peer@cmha.calgary.ab.ca.
- **November 28 - Circle of Friends at Central Library! (Outing):** We're bringing our regular Circle of Friends to the Central Library downtown! This is a good opportunity to get out and socialize in a wonderful community space. Want to meet us at the library? Then please let us know by calling 403-297-1402 or emailing peer@cmha.calgary.ab.ca.