
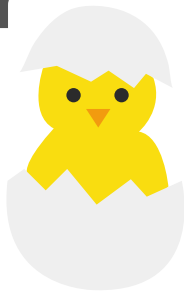


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can find us at 200, 2540 Kensington Rd NW - Welcome Centre Hours: Monday-Friday 10AM – 4PM				
<p>Secure your own one-to-one peer support appointment at communityconnectyyc.ca or scan the QR code.</p> <p>Legend</p> <p>● Welcome Centre Closed</p> 	<p>1</p> <p>Easter Crafts 2 - 4 PM</p> <p>Mindfulness Bingo <i>*see back of calendar for description*</i></p>	<p>2</p> <p>Karaoke 2 - 4 PM</p>	<p>3 ● Welcome Centre Closed - Good Friday</p> 	
	<p>6 ● Welcome Centre Closed - Easter Monday</p> 	<p>7</p> <p>Scattergories 2 - 4 PM</p>	<p>8</p> <p>Mandala Stones 2 - 4 PM</p> <p>Mindfulness Bingo</p>	<p>9</p> <p>Poetry Day 2 - 4 PM</p> <p><i>*see back of calendar for description*</i></p>
<p>13</p> <p>Peer Connection & Leisure</p>	<p>14</p> <p>Telestrations 2 - 4 PM</p>	<p>15</p> <p>Bingo 2 - 4 PM</p> <p>Mindfulness Bingo</p>	<p>16</p> <p>Pajama Day & Movie 2 - 4 PM</p>	<p>17 ● Welcome Centre Closed from 12PM - 4PM</p>
<p>20</p> <p>Peer Connection & Leisure</p>	<p>21</p> <p>PALs Day 2 - 4 PM</p>	<p>22</p> <p>Earth Day River Walk 2 - 4 PM</p> <p>Mindfulness Bingo</p>	<p>23</p> <p>Melting Beads 2 - 4 PM</p>	<p>24</p> <p>Peer Connection & Leisure</p>
<p>27</p> <p>Peer Connection & Leisure</p>	<p>28</p> <p>Crafternoon 2 - 4 PM</p>	<p>29</p> <p>Board Game Day 2 - 4 PM</p> <p>Mindfulness Bingo</p>	<p>30</p> <p>Card Tournament 2 - 4 PM</p>	

To Register: Visit recoverycollegecalgary.ca!

Secure your own one-to-one peer support appointment at communityconnectyyc.ca!

Peer Line (403-297-1402) or email peer@cmha.calgary.ab.ca available Monday - Friday from 10 AM-4 PM

You can find us at **200, 2540 Kensington Rd NW** - **Welcome Centre Hours:** Monday-Friday 10AM – 4PM



Event	Date(s)	Description
Mindfulness Bingo	Every Wednesday this April	Join us throughout April for 'Mindfulness Bingo', an ongoing series where we will explore and practice different mindfulness and grounding techniques to help support yourself in times of stress or anxiety.
Poetry Day	April 9th, 2026	In honour of National Poetry month, we'll spend some time writing and sharing poetry together. If you have some favourite poems written either by another author or by yourself, bring them in to share with the group. Let's get creative together!

RECOVERY RECREATION

Recreation and connection are vital to our wellbeing. As part of CMHA's Welcome Centre and Recovery College, the Recovery Recreation program is designed to support individuals to connect with each other, and learn a bit more about ourselves through enjoyable activities.

PEER SUPPORT

CMHA's Peer Support Workers are trained to support others through their own lived experience with a mental health and recovery journey. Peer Support is available via our peer line, booking an appointment, or by dropping in Monday to Friday during Welcome Centre hours.