






| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--------------------------------------|--|
| You can find us at 200, 2540 Kensington Rd NW - Welcome Centre Hours: Monday-Friday 1PM – 4PM | | | | |
| 2 ● Peer Connection & Leisure | 3 ● Origami 2 – 4 PM | 4 ● Watercolour 2 - 4 PM | 5 ● Card Games 2 - 4 PM | 6 ● Peer Connection & Leisure |
| 9 ● Peer Connection & Leisure | 10 ● Game/Puzzle Swap 2 – 4 PM <i>We facilitate, you bring the games you want to trade!</i> | 11 ● CBI Job Search Skills Workshop 2 - 4 PM <i>*see back of calendar for description*</i> | 12 ● Music Bingo 2 - 4 PM | 13 ● Peer Connection & Leisure |
| 16 ● Peer Connection & Leisure | 17 ● St. Patrick's Day Trivia 2 – 4 PM  | 18 ● Drama Games 2 - 4 PM | 19 ● Learn a New Game 2 – 4 PM | 20 ● Peer Connection & Leisure  |
| 23 ● Peer Connection & Leisure | 24 ● Uno Tournament 2 – 4 PM | 25 ● Melting Beads 2 – 4 PM | 26 ● Welcome Centre Closed | 27 ● Peer Connection & Leisure |
| 30 ● Peer Connection & Leisure | 31 ● River Walk 2 – 4 PM Indoors: Choose Your Own Adventure | Secure your own one-to-one peer support appointment at communityconnectyyc.ca or scan the QR code.  | | |

- Legend**
- Drop-In
 - Treat Yourself
 - Welcome Wednesday
 - Circle of Friends
 - Welcome Centre Closed

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 11 am - 4 pm

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| Event | Date(s) | Description |
|--|------------------------------|---|
| <p>CBI Job Search Skills Workshop</p> | <p>March 11, 2026</p> | <ul style="list-style-type: none"> This session breaks down the essentials of looking for a job. You'll learn how to tailor your resume and cover letter, understand what employers are looking for, and get tips for researching the job market to find the best opportunities. |



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.