

Welcome Centre June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can find us at 200, 2540 Kensington Rd NW - Welcome Centre Hours: Monday-Friday 1PM – 4PM				
1 Peer Connection & Leisure	2 Skip-Bo 2 – 4 PM	3 River Walk* 1-2 PM CBI Workshop: Navigating Work with Health, Injury, or Changing Capacity* 2 - 4 PM	4 Community Lunch* 12 PM Heads Up 2 - 4 PM	5 Peer Connection & Leisure
8 Peer Connection & Leisure	9 Dice Games 2 – 4 PM	10 River Walk* 1-2 PM Learn a New Game! 2 - 4 PM	11 Community Lunch* 12 PM 2SLGBTQIA+ Movie Day 2 - 4 PM	12 Pride Committee Activity - 2SLGBTQIA+ Peer Support Day *more info to come!*
15 Peer Connection & Leisure	16 PALs Visit 2 – 4 PM 	17 River Walk* 1-2 PM Drama Games 2 - 4 PM	18 Intro to Peerr Support* 10 AM - 12 PM Community Lunch* 12 PM Karaoke 2 - 4 PM	19 Peer Connection & Leisure
22 Peer Connection & Leisure	23 Gentle Stretch & Relax * 10:30 AM – 11:15 AM Pride Craft Extravaganza! 2 – 4 PM	24 River Walk* 1-2 PM Bocce in the Park* 2 – 4 PM	25 Community Lunch* 12 PM YAHTZEE 2 - 4 PM	26 Drum Circle* 3 - 4 PM Pride Committee Activity - 2SLGBTQIA+ Movie Day *more info to come!*
29 Peer Connection & Leisure	30 Telestrations 2 – 4 PM			

Secure your own **one-to-one peer support appointment at communityconnectyc.ca or scan the QR code.**



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

Event	Date(s)	Description
CBI Workshop	June 3	Led by CBI Health, this workshop supports you in exploring work that fits your current health, abilities, and circumstances. You will learn practical ways to move forward in employment that feels realistic, supportive, and aligned with your current capacity. We will look at how to shift your thinking from “what can’t I do” to “what can I do right now”, understand different types of capacity, explore what makes work sustainable, and consider the flexibility different roles may offer. You will also build confidence in how to talk about health-related information, including gaps in work history, injuries, or limitations, in a clear, and comfortable way. Registration is recommended.
River Walks	June 3, 10, 17, 24	Join us to enjoy a walk together on the river pathway, just across from CMHA Calgary! Please meet us at the Welcome Centre at 12:45pm, and dress in clothing and shoes appropriate for the weather. *This activity will be weather dependent, and optional indoor activities will be provided*
Community Lunch	June 4, 11, 18, 25	Join us on Thursdays in June at 12:00pm for a FREE Community Lunch! Come together for connection and company, and share a lunch in our space. No registration required.
Intro to Peer Support	June 18	Have you heard about Peer Support, but aren’t quite sure what it actually is? Join us in person at CMHA Calgary for this interactive 2-hour workshop where we’ll explore what Peer Support looks like in practice and how it can help people feel heard, connected, and supported. Participants will learn some of the foundational skills used in Peer Support and have the opportunity to try out practice conversations with fellow participants in a welcoming and supportive environment. Come ready to learn, reflect, ask questions, and connect with others. Open to anyone interested in learning more about Peer Support, including community members, professionals, and individuals with lived or living experience. Registration is recommended, but not required.
Gentle Stretch and Relax with a YMCA Fitness Instructor	June 23	In this 45 minute class, led by a YMCA Certified Fitness Instructor, you will be guided through a series of relaxing breathwork, gentle movement and light stretching to connect your mind, body and breath and gradually release areas of physical tension. <i>This session will incorporate the use of a chair, increasing accessibility for participants of all mobility levels.</i> No experience is required, and a variety of options will be provided to help you move and stretch within your personal range of motion. <i>There is no charge to take part, but registration is required as space is limited.</i>
Bocce in the Park	June 24	Come have a ball playing Bocce! This activity will take place outdoors, and will require a minimum of four participants in order to take place. Please speak to the Welcome Centre staff in advance or on the day of the activity to indicate your interest.
Drum Circle with Guest Facilitator Shar	June 26	Join us in the Welcome Centre on Friday, June 26th at 3:00 to start your weekend off with a Drumming Circle, led by a guest facilitator! Registration is not required, and all are welcome. No drumming experience is required!

Did You Know...

Our Peer Support Workers lead activities and games Tuesday-Thursday afternoons, but the Welcome Centre is open daily Monday-Friday at 10:00am for all those who want to spend time in a welcoming space – whatever that looks like to you! Come in for a hot cup of coffee, a quiet place to read your book or work on an activity, or for some company and conversation. We can’t wait to see you!

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.