

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To Register Please visit www.recoverycollegecalgary.ca or call 403-297-1402 All sessions take place at the CMHA Calgary Welcome Centre General Welcome Centre Hours: 11 am - 4 pm, Monday - Friday		Please note that outings are subject to change / cancellation.		
3 Circle of Friends: At Central Library 1:30 - 4 pm	4 ● Treat Yourself Tuesday: Bingo! (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)	5 Welcome Wednesday: Leaf Rubbing Craft 2 - 4 pm	6 ● Circle of Friends: Canyon Meadows Movie Theatre Outing (\$5) 11:30 - 4 pm	7 ● Feel Good Friday Grateful and Thankful Collage Craft 2 - 4 pm
10 Thanksgiving Monday Welcome Centre Closed	11 ● Treat Yourself Tuesday: Origami! (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)	12 Welcome Wednesday: Coffee & Chat 2 - 4 pm	13 ● Circle of Friends: Create a Personal Soundtrack! 2 - 4 pm	14 ● Feel Good Friday Colour by Number 2 - 4 pm
17 Circle of Friends: Current Events & Coffee 2 - 4 pm	18 ● Treat Yourself Tuesday: Board / Card Games (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)	19 Welcome Wednesday: Gentle Movement 2 - 4 pm	20 ● Circle of Friends: Travel Talk 2 - 4 pm	21 ● Feel Good Friday Mandela Rock Painting 2 - 4 pm
24 Circle of Friends: Karaoke! 2 - 4 pm	25 ● Treat Yourself Tuesday: Telling Ghost Stories (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)	26 Welcome Wednesday: TELUS Spark Outing (Max 6 Participants, FREE) 12 - 3 pm	27 ● Circle of Friends: Philosophy Club 2 - 4 pm	28 ● Feel Good Friday: Practicing Mindfulness 2 - 4 pm
31 Circle of Friends: Halloween! 2 - 4 pm	30	31		

October 2022

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!



● Treat Yourself Tuesday

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



● 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.



● 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.



● 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.

October Highlights

Please note that all outings are subject to change, cancellation and may be weather permitting.

- **October 3 - 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 at 403-297-1402 or peer@cmha.calgary.ab.ca.
- **October 6 - Canyon Meadows Movie Theatre (Outing):** Join us in the community at the Canyon Meadows Movie Theatre (\$5+GST). Movie options are available on the Canyon Meadows Cinema website a week in advance. Want to meet us at the theatre? Then please let us know at 403-297-1402 or peer@cmha.calgary.ab.ca.
- **October 26 - 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 registration. Want to meet us at the science center? Then please let us know at 403-297-1402 or peer@cmha.calgary.ab.ca.
- **October 31 - Halloween:** Come down to the Welcome Centre as we will be doing some Halloween activities!