

# September 2022

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college  
CALGARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>To Register</b> Please visit <a href="http://www.recoverycollegecalgary.ca">www.recoverycollegecalgary.ca</a> or call 403-297-1402 All sessions take place at the CMHA Calgary Welcome Centre</p> <p><b>General Welcome Centre Hours:</b> 11 am - 4 pm, Monday - Friday</p>		<p>Please note that outings are subject to change / cancellation.</p>	<p>1 ● Circle of Friends: <b>Bring a Book</b> (2 - 4 pm)</p>	<p>2 ● Feel Good Friday: <b>Thinking Happy Thoughts Craft</b> (2 - 4 pm)</p>
<p>5 <b>Labour Day</b> Welcome Centre Closed</p>	<p>6 ● Treat Yourself Tuesday: <b>Bingo!</b> (2 - 4 pm)  <b>Caregiver Connections</b> Virtual (6 - 7:30 pm)</p>	<p>7 ● Welcome Wednesday: <b>Gentle Movement</b> (2 - 4 pm)</p>	<p>8 ● Circle of Friends: <b>Family Feud</b> (2 - 4 pm)</p>	<p>9 ● Feel Good Friday: <b>Journalling</b> (2 - 4 pm)</p>
<p>12 ● Circle of Friends: <b>Pictionary</b> 2 - 4 pm</p>	<p>13 ● Treat Yourself Tuesday: <b>Practicing Poetry</b> (2 - 4 pm)  <b>Caregiver Connections</b> Virtual (6 - 7:30 pm)</p>	<p>14 ● Welcome Wednesday: <b>Coffee &amp; Chat</b> (2 - 4 pm)</p>	<p>15 ● Circle of Friends: <b>End of Summer Scrapbooking</b> (2 - 4 pm)</p>	<p>16 ● Feel Good Friday: <b>Games That Get You Moving!</b> (2 - 4 pm)</p>
<p>19 ● Circle of Friends: <b>Country Music Day</b> (2 - 4 pm)</p>	<p>20 ● Treat Yourself Tuesday: <b>Chinook Bowling Outing</b> (12 - 4 pm, \$12 for 2 games)  <b>Caregiver Connections</b> Virtual (6 - 7:30 pm)</p>	<p>21 ● Welcome Wednesday: <b>Sunflower Painting</b> (2 - 4 pm)</p>	<p>22 ● Circle of Friends: <b>Current Events &amp; Coffee</b> (2 - 4 pm)</p>	<p>23 ● Feel Good Friday: <b>Meditation &amp; Yoga</b> (2 - 4 pm)</p>
<p>26 ● Circle of Friends: <b>Comedy YouTube &amp; Chat</b> (2 - 4 pm)</p>	<p>27 ● Treat Yourself Tuesday: <b>Comic Book Day</b> (2 - 4 pm)  <b>Caregiver Connections</b> Virtual (6 - 7:30 pm)</p>	<p>28 ● Welcome Wednesday: <b>Coffee &amp; Chat</b> (2 - 4 pm)</p>	<p>29 ● Circle of Friends: <b>Bracelet Making</b> (2 - 4 pm)</p>	<p>30 <b>National Day of Truth and Reconciliation</b> Welcome Centre Closed</p>

# September 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!



### ● 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.



### ● 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.



### ● 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.

## September Highlights

- **September 2 - Thinking Happy Thoughts:** Focusing on positive moments can sometimes be a challenge. Join us this Feel Good Friday, to discuss the meaning of happiness and share some happy memories. We'll then take these happy positive thoughts and turn them into a craft to keep!
- **September 15 - End of Summer Scrapbooking:** That's right, summer is almost over. Bring in some pictures or keepsakes you have from the past couple months and we'll supply the rest!
- **September 20 - Chinook Bowling Outing:** Join us in the community at the Chinook Bowling Center (\$12 for 2 games-Cost to Client). To register, go to [recoverycollegecalgary.ca](http://recoverycollegecalgary.ca). Participants should arrive at the CMHA Welcome Center at 12pm on September 20, 2022. If you would like to meet us at the bowling center, please let us know by phone 403-297-1402 or emailing [peer@cmha.calgary.ab.ca](mailto:peer@cmha.calgary.ab.ca). Please note outings are subject to change and/or cancellation.
- **September 27 - National Comic Book Day:** National comic book day is September 25, but we're celebrating September 27! Come on in and create your own super hero or super villain!
- **September 29 - Bracelet Making:** Exactly as it sounds! Join us in making some fun and funky macramé bracelets!