

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To Register Please visit www.recoverycollegecalgary.ca or call 403-297-1402 All sessions take place at the CMHA Calgary Welcome Centre</p> <p>General Welcome Centre Hours: 11 am - 4 pm, Monday - Friday</p>		<p>Please note that outings are subject to change / cancellation.</p>		
			<p>1 ● Circle of Friends: Philosophy Club 2 - 4 pm</p>	<p>2 ● Feel Good Friday Grow a Gratitude Tree 2 - 4 pm</p>
<p>5 ● Circle of Friends: Chat & Holiday Card Making 2 - 4 pm</p>	<p>6 ●●● Treat Yourself Tuesday: Bingo! (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>7 ● Welcome Wednesday: Facility Tour (2 - 2:30 pm) EQUIPPED Intro (2:30 - 3 pm) Gentle Movement (3 - 4 pm)</p>	<p>8 ● Circle of Friends: Chat & Heads Up! 2 - 4 pm</p>	<p>9 ● Feel Good Friday Holiday Decorating / Putting up the Tree 2 - 4 pm</p>
<p>12 ● Circle of Friends: at Central Library 1:30 - 4 pm</p>	<p>13 ●●● Treat Yourself Tuesday: Board / Card Games (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>14 ● Welcome Wednesday: Facility Tour (2 - 2:30 pm) Coffee & Chat (2:30 - 4 pm)</p>	<p>15 ● Circle of Friends: Current Events & Coffee 2 - 4 pm</p>	<p>16 ● Feel Good Friday Colour by Number 2 - 4 pm</p>
<p>19 ● Circle of Friends: Karaoke! 2 - 4 pm</p>	<p>20 ●●● Treat Yourself Tuesday: Origami (2 - 4 pm) Caregiver Connections Virtual (6 - 7:30 pm)</p>	<p>21 ●●● Team Development Day WELCOME CENTRE CLOSED</p>	<p>22 ● Circle of Friends: Personal Soundtracks 2 - 4 pm</p>	<p>23 ● Feel Good Friday: Holiday Movies Ongoing All Day (11 am - 4 pm)</p>
<p>26 ●●● Boxing Day WELCOME CENTRE CLOSED</p>	<p>27 ●●● Christmas Day in Lieu WELCOME CENTRE CLOSED</p>	<p>28</p>	<p>29</p>	<p>30</p>

December 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!



● 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.



● Treat Yourself Tuesday

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



● 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.



● Welcome Wednesday

New to CMHA? Come explore our Recovery College and Welcome Center with a quick tour! Afterwards there will be an enjoyable activity to get you even more familiar with the space and our team!



● 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.

December Highlights

Please note outings are subject to change, cancellation, and are weather permitting. To register for outings, go to www.recoverycollegecalgary.ca.

- **December 1 - Philosophy Club:** Do you enjoy sharing in opinions and perspectives? During this drop-in the facilitator will ask some meaningful questions that really make you think about the world around you. No philosophical experience required.
- **December 7 - EQUIPPED Intro:** CMHA has launched some great new mental health courses through EQUIPPED! Come learn more about it and experience it for yourself in a 30-minute session.
- **December 12 - 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? Please let us know by contacting us at 403-297-1402 or peer@cmha.calgary.ab.ca.