

# August 2025 - Welcome Centre

105, 1040-7 AVE SW (Right next to Downtown/West Kerby C-Train Station)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DROP-IN	TREAT YOURSELF	WELCOME	CIRCLE OF FRIENDS	DROP-IN
<b>Welcome Centre Hours:</b> Monday - Friday 1PM – 4PM <b>To Register:</b> Visit <a href="https://recoverycollegecalgary.ca">recoverycollegecalgary.ca</a> ! Secure your own one-to-one peer support appointment at <a href="https://communityconnectyy.ca">communityconnectyy.ca</a> !				1
<b>4 Welcome Centre Closed</b>  <b>Statutory Holiday</b> <b>Sorry, No Services</b>	<b>5</b>  <b>Cover Your Assets</b> 2 – 4 PM	<b>6</b>  <b>Dice Games</b> 1:30 – 4 PM 	<b>7</b>  <b>Origami</b> 2 – 4 PM	<b>8</b>  <b>Peer Connection &amp; Leisure</b> 1 – 4 PM
<b>11</b>  <b>Peer Connection &amp; Leisure</b> 1 – 4 PM	<b>12</b>  <b>Macramé</b> 2 – 4 PM	<b>13</b>  <b>Coffee Connection &amp; Mindfulness Bingo</b> 2 – 4 PM <b>Piikani Powwow Demonstration</b> 1:45 - 4 PM (FREE-Flip for Details)	<b>14</b>  <b>DIY Bookmarks &amp; Stickers</b> 2 – 4 PM	<b>15 Welcome Centre Closed</b>  <b>Sorry, We're Closed</b> <b>Due to a Staff Event</b>
<b>18</b>  <b>Peer Connection &amp; Leisure</b> 1 – 4 PM 	<b>19</b> National Aviation & Ice Cream Day  <b>Movie: Amelia &amp; Ice cream</b> 1:30 – 4 PM	<b>20</b>  <b>Melting Bead Craft!</b> 1:30 PM – 4 PM	<b>21</b>  <b>Skipbo!</b> 2 – 3 PM	<b>22</b>  <b>Peer Connection &amp; Leisure</b> 1 – 4 PM <b>Hiking around Edworthy Park</b> 12 – 3 PM (FREE-Flip for Details)
<b>25</b>  <b>Peer Connection &amp; Leisure</b> 1 – 4 PM	<b>26</b> National Dog Day!  <b>PALS Visit</b> 2 – 4 PM 	<b>27</b>  <b>Taboo!</b> 2 – 4 PM	<b>28</b>  <b>Pride Crafts</b> <ul style="list-style-type: none"> <li>Rainbow Bracelets</li> <li>Pride Wands</li> </ul> 2 – 4 PM 	<b>29</b>  <b>Peer Connection &amp; Leisure</b> 1 – 4 PM



[recoverycollegecalgary.ca](https://recoverycollegecalgary.ca)

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EVENT	DATE(S)	DESCRIPTION
Coffee Connection & Mindfulness Bingo	August 13	Coffee connections, is a great place to relax and connect. We chat about various mental health topics and more! Todays group also includes mindfulness bingo. Practice a new mindfulness skill and win a prize!
Piikani Powwow (Registration required)	August 13	We're headed to the Southwood Library to learn about different dances performed at a Powwow from dancers of Treaty 7 and Indigenous drum groups. <b>Location:</b> Southwood Library <b>Cost:</b> FREE <b>Time:</b> 1:45 PM – 4 PM (time includes travel time from our downtown location and length of the event)
Amelia & Ice Cream	August 19	August 19 <sup>th</sup> is National Aviation Day and National Soft Serve Ice Cream day! We're celebrating by watching "Amelia" based on the life and aviation career of Amelia Earheart with some ice cream and popcorn!
Pride Crafts	August 28	Get in the spirit for Pride weekend! Plan to attend the parade? Craft some pride wands to take with you! Make some rainbow macramé bracelets to share with friends and family!
Hiking around Edworthy Park (Registration required)	August 22	<b>Location:</b> Edworthy Park <b>Cost:</b> FREE <b>Time:</b> 12 PM – 3 PM (time includes travel time from our downtown location and length of the event)

## 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.