

September 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
1 Welcome Centre Closed	2	3	4	5
Statutory Holiday Sorry, No Services	Odds n Ends Crafternoon 2 – 4 PM	Journaling 2 – 4 PM	Karaoke 2 – 4 PM	Peer Connection & Leisure 1 – 4 PM
8	9	10	11	12
Peer Connection & Leisure 1 – 4 PM	Name That Tune 2 – 4 PM	Mandela Stone Painting 2 – 4 PM	Pictionary 2 – 4 PM	Peer Connection & Leisure 1 – 4 PM
15	16	17	18	19
Peer Connection & Leisure 1 – 4 PM	Melting Bead Craft 1:30 – 4 PM	Coffee Connection 2 – 4 PM	Apples to Apples 2 – 4 PM	Peer Connection & Leisure 1 – 4 PM
22 Orange	23	24 Shirt	25	26 Week
Peer Connection & Leisure 1 – 4 PM	Paper Flower Craft 2 – 4 PM	Skip Bo! 2 – 4 PM	Leaf Rubbing Craft 2 – 4 PM	Peer Connection & Leisure 1 – 4 PM
29	30 Welcome Centre Closed	Welcome Centre Hours: Monday - Friday 1PM – 4PM To Register: Visit recoverycollegecalgary.ca/ ! Secure your own one-to-one peer support appointment at communityconnectyyyc.ca/ !		
Peer Connection & Leisure 1 – 4 PM	Statutory Holiday Sorry, No Services			



September 2025

EVENT	DATE(S)	DESCRIPTION
Odds n Ends Crafternoon	September 2	A day to use up some left over or awkward amount of craft supplies. We'll have out some wooden craft items to be painted, plastic bookmarks that need a creative touch, a few jars are available to make mood jars, and more!
*Orange Shirt Week	September 22-26	September 30 th is National Day for Truth and Reconciliation. In honor and recognition of this day, we encourage guests of the Welcome Centre to wear their orange shirts throughout this week. <i>"By wearing an orange shirt, you make a statement to support reconciliation and commit to the enduring truth that every child matters"</i>
Free Little Library	During Welcome Centre Hours Ongoing	Reminder that the Welcome has a free little library! Stop by to check out the selection! Feel free to take a book, leave a book, keep a book you really like, or return a book you've borrowed. Book donations to the library are welcome!

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.