

Welcome Centre November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can find us at 105, 1040-7 AVE SW , right beside Downtown/West Kerby C-Train Station! Welcome Centre Hours: Monday - Friday 1PM – 4PM				
3  Peer Connection & Leisure 1 pm - 4 pm	4  Bracelet Making 2 pm - 4 pm	5  Cover Your Assets 2 pm - 4 pm	6  Musical Bingo 2 pm - 4 pm	7  Peer Connection & Leisure 1 pm - 4 pm
10  Peer Connection & Leisure 1 pm - 4 pm	11  Welcome Centre Closed 	12  Paper Mache: Part 1 2 pm - 4 pm	13  Heads Up 2 pm - 4 pm	14  Peer Connection & Leisure 1 pm - 4 pm
17  Peer Connection & Leisure 1 pm - 4 pm	18  Play with Clay 2 pm - 4 pm	19  Paper Mache: Part 2 2 pm - 4 pm	20  Collage Scrapbooking 2 pm - 4 pm	21  Peer Connection & Leisure 1 pm - 4 pm
24  Peer Connection & Leisure 1 pm - 4 pm	25  Trivia Day 2 pm - 4 pm	26  CBI Workshop: Interview Skills 2 pm - 4 pm Registration Required.	27 Holiday Market 10 am - 5 pm 	28 Holiday Market 10 am - 5 pm 
  Secure your own one-to-one peer support appointment at communityconnectyy.ca or scan the QR code.  Legend  Drop-In  Treat Yourself  Welcome Wednesday  Circle of Friends  Welcome Centre Closed				

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Event	Date(s)	Description
CBI Health Workshop: Interview Skills	November 26, 2025	Join us to learn the fundamentals of modern job interviewing. Find out what employers are really looking for. Learn what to expect from the various interviewing methods employed by today's top companies. Gain the skills you'll need to prepare and succeed in each interview on your journey to meaningful employment. <i>*This workshop will run from 2:00-3:30pm, including 60 minutes for a step-by-step presentation and 30 minutes for questions at the end.</i>



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.