

Welcome Centre December 2025

CANADIAN MENTAL HEALTH ASSOCIATION

peer services

To speak to our Peer Support Team, call us at: **CALGARY**
403-297-1402

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				
<div>1</div> <div><div></div>Peer Connection & Leisure</div> <div>1 pm - 4 pm</div>	<div>2</div> <div><div></div>Ornament Making</div> <div>2 pm - 4 pm</div>	<div>3</div> <div><div></div>Card Making & Letter Writing</div> <div>2 pm - 4 pm</div>	<div>4</div> <div><div></div>Tree Decorating</div> <div>2 pm - 4 pm</div>	<div>5</div> <div><div></div>Peer Connection & Leisure</div> <div>1 pm - 4 pm</div>
<div>8</div> <div><div></div>Welcome Centre Closed</div>	<div>9</div> <div><div></div>Bingo</div> <div>2 pm - 4 pm</div>	<div>10</div> <div><div></div>Cribbage Tournament</div> <div>2 pm - 4 pm</div>	<div>11</div> <div><div></div>Melting Beads</div> <div>2 pm - 4 pm</div>	<div>12</div> <div><div></div>Welcome Centre Closed</div>
<div>15</div> <div><div></div>Welcome Centre Closed</div>	<div>16</div> <div><div></div>PALS Day</div> <div>2 pm - 4 pm</div>	<div>17</div> <div><div></div>Welcome Centre Closed</div>	<div>18</div> <div><div></div>Holiday Karaoke</div> <div>2 pm - 4 pm</div>	<div>19</div> <div><div></div>Welcome Centre Closed</div>
<div>22</div> <div><div></div>Welcome Centre Closed</div>	<div>23</div> <div><div></div>Virtual Games & Connections</div> <div>2 pm - 4 pm</div> <div>Virtual Activities Only - Welcome Centre Space Closed.</div>	<div>24</div> <div><div></div>Virtual Scattegories</div> <div>2 pm - 4 pm</div> <div>Virtual Activities Only - Welcome Centre Space Closed.</div> <div></div>	<div>25</div> <div><div></div>Welcome Centre Closed</div> <div></div>	<div>26</div> <div><div></div>Welcome Centre Closed</div>
<div>29</div> <div><div></div>Welcome Centre Closed</div>	<div>30</div> <div><div></div>2026 Vision Boards</div> <div>2 pm - 4 pm</div>	<div>31</div> <div><div></div>Virtual 2026 Vision Boards</div> <div>2 pm - 4 pm</div> <div>Virtual Activities Only - Welcome Centre Space Closed.</div> <div></div>	<div>Secure your own one-to-one peer support appointment at communityconnectyyc.ca or scan the QR code.</div> <div><div>Legend</div><div><div></div>Drop-In</div><div><div></div>Treat Yourself</div><div><div></div>Welcome Wednesday</div><div><div></div>Circle of Friends</div><div><div></div>Welcome Centre Closed</div></div> <div></div>	

Welcome Centre Hours: Tuesday - Thursday 1-4 p.m.

To Register: Visit recoverycollegecalgary.ca!

Secure your own one-to-one peer support appointment at communityconnectyyc.ca!

Peer Line (403-297-1402) or email peer@cmha.calgary.ab.ca available Monday - Friday from 11 am -

You can find us at **105, 1040-7 AVE SW**, right beside **Downtown/West Kerby C-Train Station!** **Welcome Centre Hours:** Tues-Thurs 1PM – 4PM



Event	Date(s)	Description
Virtual Games & Connections	December 23, 2025	This will be an online activity, please register at: https://recoverycollegecalgary.ca/events/
Virtual Scattegories	December 24, 2025	
Virtual 2026 Vision Boards	December 31, 2025	



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.