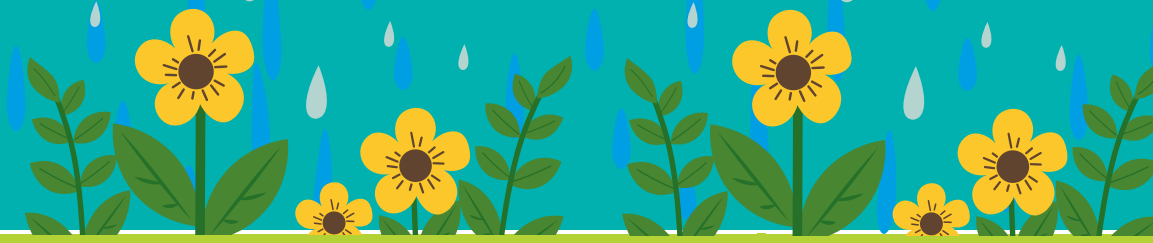


Welcome Centre: May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can find us at 200, 2540 Kensington Rd NW - Welcome Centre Hours: Monday-Friday 10AM – 4PM				
Legend ● Welcome Centre Closed		Secure your own one-to-one peer support appointment at communityconnectyyc.ca or scan the QR code.		1 ● River Walk* Indoors: Peer Connection & Leisure
4 ● Peer Connection & Leisure	5 ● Sugar Skull Craft & COCO Movie 2 – 4 PM 	6 ● River Walk* Indoors: Letter Writing 2 - 4 PM	7 ● Community Lunch* 12 PM	8 ● Peer Connection & Leisure <i>Drum Circle with Guest Facilitator Shar*</i>
11 ● River Walk* Indoors: Peer Connection & Leisure	12 ● Origami: Thousand Paper Cranes* 2 – 4 PM ● Sound Bath and Reiki* 6:30 – 8 PM	13 ● Poetry Sharing Event* 2 - 4 PM	14 ● Community Lunch* 12 PM ● Drama Games 2 - 4 PM	15 ● Peer Connection & Leisure
18 ● Welcome Centre Closed	19 ● Apples to Apples 2 – 4 PM	20 ● Mindfulness Walk Indoors: Card/Board Games 2 - 4 PM	21 ● Community Lunch* 12 PM ● Name That Tune 2 – 4 PM	22 ● Peer Connection & Leisure
25 ● Welcome Centre Closed	26 ● Guided Breathwork & RAIN Meditation* 10:30 - 12PM ● Painting a Pot & Planting Seeds 2 – 4 PM	27 ● Gentle Stretch & Relax with a YMCA Fitness Instructor* 10:30 - 11:15 AM ● Sequence 2 – 4 PM	28 ● Community Lunch* 12 PM ● Cover Your Assets 2 – 4 PM	29 ● River Walk* Indoors: Peer Connection & Leisure

Welcome Centre Hours: Monday - Friday 10 AM-4 PM

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 10 AM-4 PM

You can find us at **200, 2540 Kensington Rd NW** - **Welcome Centre Hours:** Monday-Friday 10AM – 4PM

Event	Date(s)	Description
River Walk	May 1 st , 6 th , 11 th , 20 th , 29 th	Join us to enjoy a walk together on the river pathway, just across from CMHA Calgary! Please meet us at the Welcome Centre at 2:00pm, and dress in clothing and shoes appropriate for the weather. *This activity will be weather dependent, and optional indoor activities will be provided
Mindfulness Bingo	Wednesday Afternoons	Join us throughout May for 'Mindfulness Bingo', an ongoing series where we will explore and practice different mindfulness and grounding techniques to help support yourself in times of stress or anxiety.
Community Lunch	May 7 th , 14 th , 21 st , 27 th	Join us every Thursday in May at 12:00pm for a FREE Community Lunch! Come together for connection and company, and share a lunch in our space. No registration required.
Drum Circle with Guest Facilitator Shar	May 8 th	Join us in the Welcome Centre on Friday, May 8 th at 3:00 to start your weekend off with a Drumming Circle, led by a guest facilitator! Registration is not required, and all are welcome. No drumming experience is required!
Origami	May 12 th	Join us in the Welcome Centre as we begin a collective task to fold 1,000 paper cranes. The Japanese tradition of senbazuru symbolizes hope, healing, and recovery with legend stating that once all 1,000 have been folded, your wish will be granted by the cranes.
Sound Bath & Reiki	May 12 th	An Alchemy Bowl Sound Bath and Reiki offering is a gentle, restorative experience designed to support deep relaxation and nervous system regulation. Learn and experience how the resonant tones of crystal alchemy bowls help quiet the mind and release stored tension, while Reiki, a light, hands-on or hands-off energy practice, supports balance and ease within the body. Together, these modalities create a calm, supportive space where individuals can reconnect with themselves and experience a sense of grounding and renewal. No prior experience is needed. Participants are simply invited to rest, receive, and allow the body to settle. Registration required.
Poetry Sharing Event	May 13 th	As a celebration to the conclusion of our Spoken Word Recovery College course, join us as Spoken Word participants share their poetry! All folks who are interested in sharing their poetry are also welcome to participate!
Guided Breathwork & RAIN Meditation	May 26 th	The R.A.I.N. Workshop and Meditation offer a gentle, practical approach to meeting difficult thoughts and emotions with greater awareness and care. Participants are guided through the four steps: Recognize, Allow, Investigate, and Nurture, learning how to respond to inner experiences with compassion rather than reactivity. The session blends guided meditation with simple, accessible tools that can be used in everyday moments of stress, anxiety, or overwhelm. It's a supportive space to reconnect with yourself, build emotional resilience, and cultivate a steadier sense of well-being. Registration required.
Gentle Stretch & Relax with YMCA Fitness Instructor	May 27 th	In this 45 minute class, led by a YMCA Certified Fitness Instructor, you will be guided through a series of relaxing breathwork, gentle movement and light stretching to connect your mind, body and breath and gradually release areas of physical tension. <i>This session will incorporate the use of a chair, increasing accessibility for participants of all mobility levels.</i> No experience is required, and a variety of options will be provided to help you move and stretch within your personal range of motion. <i>There is no charge to take part, but registration is required as space is limited.</i>