

Welcome Centre: October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can find us at 200, 2540 Kensington Rd NW - Welcome Centre Hours: Monday-Friday 10AM – 4PM				
Secure your own one-to-one peer support appointment at communityconnectyyc.ca or scan the QR code.		1 ● Community Lunch* 12 PM ● Skip-Bo 2 – 4 PM 2 ● Peer Connection & Leisure		
5 ● Peer Connection & Leisure	6 ● Seasonal Craft 2 – 4 PM	7 ● Scattergories 2 - 4 PM	8 ● Community Lunch* 12 PM ● Pictionary 2 - 4 PM	9 ● Peer Connection & Leisure
12 ● Welcome Centre Closed	13 ● Learn a New Card Game 2 – 4 PM	14 ● Drama Games 2 - 4 PM	15 ● Community Lunch* 12 PM ● Name That Tune 2 - 4 PM	16 ● Peer Connection & Leisure ● Drum Circle* 3 - 4 PM
19 ● Peer Connection & Leisure	20 ● PALs Visit 2 – 4 PM	21 ● Welcome Centre Closed	22 ● Community Lunch* 12 PM ● Karaoke 2 - 4 PM	23 ● Peer Connection & Leisure
26 ● Peer Connection & Leisure	27 ● Gentle Stretch & Relax* 10:30 AM – 11:15 AM ● Dice Games 2 – 4 PM	28 ● Sequence 2 - 4 PM	29 ● Community Lunch* 12 PM ● Halloween Movie 2 - 4 PM	30 ● Peer Connection & Leisure Special Community Event - Watch for Details!

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Event	Date(s)	Description
Community Lunch	Every Thursday	Join us on Thursdays in October 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	October 16 th	Join us in the Welcome Centre on Friday, October 16th 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!
Gentle Stretch & Relax with YMCA Fitness Instructor	October 27 th	Join us for a 45 minute group fitness class, led by a YMCA Certified Fitness Instructor. No experience is required, and option will be provided to adapt for various levels of mobility. There is no charge to take part, but registration is required as space is limited.

Did You Know...

Our Peer Support Workers lead activities and games Tuesday-Thursday afternoons, but the Welcome Centre is open daily Monday-Friday at 10:00am for all those who want to spend time in a welcoming space – whatever that looks like to you! Come in for a hot cup of coffee, a quiet place to read your book or work on an activity, or for some company and conversation. We can't wait to see you!

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.