Welcome Centre: November 2026

CANADIAN MENTAL HEALTH ASSOCIATION peer services CALGARY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Peer Connection & Leisure	3 Sequence 2 – 4 PM	4 Four Crowns 2 – 4 PM	5 Community Lunch* 12 PM Community Craft* 2 - 4 PM	6 Peer Connection & Leisure
9 Peer Connection & Leisure	10 Ticket to Ride 2 – 4 PM	11 Welcome Centre Closed	12 Community Lunch* 12 PM Heads Up 2 - 4 PM	13 Peer Connection & Leisure
16 Peer Connection & Leisure	17 Melting Beads 2 – 4 PM	18 Drama Games* 2 – 4 PM	19 Community Lunch* 12 PM Scrabble 2 - 4 PM	20 Peer Connection & Leisure
23 Peer Connection & Leisure	24 Gentle Stretch & Relax with YMCA Fitness* 10:30-11:15 AM Wizard 2 – 4 PM	25 Karaoke 2 - 4 PM	26 Community Lunch* 12 PM Movie Day 2 - 4 PM	27 Peer Connection & Leisure Drum Circle* 3 - 4 PM
30 Peer Connection & Leisure				



Secure your own **one-to-one peer support appointment at communityconnectyyc.ca or scan the QR code.**

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

Welcome Centre: November 2026

CANADIAN MENTAL HEALTH ASSOCIATION peer services CALGARY

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

Event	Date(s)	Description
Community Lunch	**Every Thursday**	Join us on Thursdays in November at 12:00pm for a FREE Community Lunch! Come together for connection and company, and share a lunch in our space. No registration required.
Community Craft	**November 5th**	Join us for the launch of a special Community Craft project, which will remain in the Welcome Centre through the month of November to be added to, and will travel out into the community in December.
Drama Games	**November 18th**	Step into a space built for fun and imagination. This fast-paced, 2-hour event uses playful games to spark creative thinking and social connections in a safe, non-judgment zone. Absolutely no acting experience required - just a willingness to laugh, try something new, and embrace the chaos. Come ready to unlock your creativity, laugh at epic mistakes, and discover how fun it is to play—and celebrate failure—as a team! No registration required.
Gentle Stretch & Relax with YMCA Fitness Instructor	**November 24th**	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.***
Drum Circle	**November 27th**	Join us in the Welcome Centre on Friday, November 27th 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!

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.