
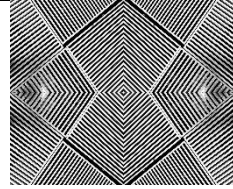
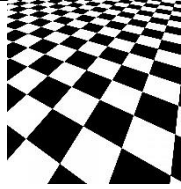
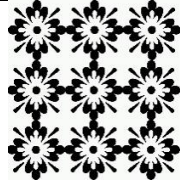


Young Adult Services Social Recreation & Wellness Programs

MARCH 2024

Programs for Young Adults Ages 16-25

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red; margin: 0;">Referral (from self or provider) & attendance at an Information Session are required before attending Social Recreation & Wellness Programs.</p> <p style="margin: 0;">Please contact us via email at: socialrecreationwellness@ahs.ca or phone 780-220-0918</p> <p style="margin: 0;">Young Adult Services: Social Recreation & Wellness Programs are located on the 6th Floor 9942 108 Street NW, Edmonton.</p> <p style="margin: 0;">Open Weekdays between 10:00am – 4:00pm. Closed on Statutory Holidays.</p>				
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<p>4 Mindfulness- Mindful Eating 1:00-2:00pm</p> <p>Creative Outlet 2:30- 4:00pm</p>	<p>5 Art- Abstract Art 1:00-2:30pm</p> <p>Crafts- Beaded Lanyards 2:30-3:30pm</p>	<p>6 Information Session 11:00-12:00pm (call to sign up)</p> <p>Paths2Wellness- Hope & Gratitude 1:00-2:00pm</p> <p>Come Hang Out 2:30-4:00pm</p>	<p>7 Group Volunteering- Edmonton Food Bank 9:00-11:30am</p> <p>Individual Fitness- YMCA 1:00-2:30</p> <p>Come Hang Out 3:00-4:00pm</p>	<p>8 Explore Edmonton- AMSA 12:00pm-2:30pm</p> <p>Information Session 3:00-4:00pm (call to sign up)</p>
<p>11 Mindfulness- Mindful Eating 1:00-2:00pm</p> <p>Creative Outlet- Naked Café 2:30- 4:00pm</p>	<p>12 Art- Abstract Art 1:00-2:30pm</p> <p>Crafts- Beaded Lanyards 2:30-3:30pm</p>	<p>13 Information Session 11:00-12:00pm (call to sign up)</p> <p>Paths2Wellness- Hope & Gratitude 1:00-2:00pm</p> <p>Come Hang Out 2:30-4:00pm</p>	<p>14 Individual Fitness- YMCA 1:00-2:30</p> <p>Come Hang Out 3:00-4:00pm</p>	<p>15 Explore Edmonton- Antique Mall 12:00-2:30pm</p> <p>Information Session 3:00-4:00pm (call to sign up)</p>
<p>18 Mindfulness- Mindful Eating 1:00-2:00pm</p> <p>Creative Outlet 2:30- 4:00pm</p>	<p>19 Art- Abstract Art 1:00-2:30pm</p> <p>Crafts- Beaded Lanyards 2:30-3:30pm</p>	<p>20 Information Session 11:00-12:00pm (call to sign up)</p> <p>Paths2Wellness- Hope & Gratitude 1:00-2:00pm</p> <p>Come Hang Out 2:30-4:00pm</p>	<p>21 Group Volunteering- Edmonton Food Bank 9:00-11:30am</p> <p>Individual Fitness- YMCA 1:00-2:30</p> <p>Come Hang Out 3:00-4:00pm</p>	<p>22 Explore Edmonton- Hair cuts or manicures (must pre-book your spot) Cost: \$10.00 12:30-2:30pm</p> <p>Information Session 3:00-4:00pm (call to sign up)</p>
<p>25 Mindfulness- Nature Walk 1:00-2:00pm</p> <p>Creative Outlet 2:30- 4:00pm</p>	<p>26 Art- Abstract Art 1:00-2:30pm</p> <p>Crafts- Beaded Lanyards 2:30-3:30pm</p>	<p>27 Information Session 11:00-12:00pm (call to sign up)</p> <p>Paths2Wellness- Hope & Gratitude 1:00-2:00pm</p> <p>Come Hang Out 2:30-4:00pm</p>	<p>28 Individual Fitness- YMCA 1:00-2:30</p> <p>Come Hang Out 3:00-4:00pm</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">STAT</p> <p style="font-weight: bold; margin: 5px 0;">GOOD FRIDAY</p> <p style="margin: 0;">(All Fridays are Good!)</p>

Daily Affirmations:
I Am Enough
I Can Do Anything
I Am Worthy of Love
I Believe in Myself

Monthly Mental Health App

Worry Watch – Mental Health Wellness

Guided anxiety journaling, coping techniques, positive affirmations, mood journal and tracker.

Paths 2 Wellness Resources – Hope & Gratitude

www.mindful.org

How to practice gratitude including the science behind it, daily practice, and journaling.

Social Recreation & Wellness Programs
Mindfulness: Discover and develop your mindfulness practice through experience-based activities to support your well-being through body, mind, and spirit.
Creative Outlet: Showcase your creativity and express yourself in a shared space. It's a safe space to work on your own creative projects and connect with others.
Individual Fitness: With a focus on the mental health benefits for recovery and wellness, a certified Fitness Alberta Recreation Therapist will help you create an individual fitness program that focuses on your goals. All fitness levels welcome.
Art: Develop your creative skills through various artistic projects. Learn different visual art mediums, including painting, sketching, mixed media and more.
Crafts: Join us in creating crafts. The space will be open for participants to join the projects or work on their own craft.
Paths 2 Wellness: Learn about various recovery topics to improve your wellness and continue to grow on your recovery journey. New recovery topic each month.
Explore Edmonton: Join us for an afternoon of exploring what Edmonton has to offer seasonally, from festivals to art displays to cool buildings. The location and activity will change weekly.
Come Hang Out: Spend time with peers in a casual setting. Join us for board games and conversations.
Group Volunteering: Develop skills and try new things while volunteering with a group of your peers and staff members at various organizations in Edmonton.

Young Adult Services Walk-In (formerly known as Access Open Minds)				
Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Therapist & Addiction Counsellor 12:00-4:00	Mental Health Therapist & Addiction Counsellor 12:00-4:00	Mental Health Therapist & Addiction Counsellor 12:00-4:00	Mental Health Therapist & Addiction Counsellor 12:00-4:00	Mental Health Therapist & Addiction Counsellor 12:00-4:00
	Employment & Education Support 11:00-2:00	Families Connecting by Choice Group 5:00-6:30 Zoom 7:00-8:30 In-Person	Social Work Support 1:00-4:00	Employment & Education Support 1:00-4:00
	Family Engagement 1:00-4:00			

Young Adult Services Walk-In (formerly known as Access Open Minds)
Mental Health Therapist & Addiction Counsellor: 1:1 support with a Mental Health Therapist or Addiction Counsellor to discuss concerns and connect with someone who may be able to help.
Employment & Education Support: Get support with goals related to employment, education, volunteering, and career planning.
Social Work: Get support if you need health benefits, housing, income support or navigating community resources.
Family Engagement: Young adults or family members can drop in and meet the Family Engagement Team for support or resources for the entire family.
Families Connecting by Choice Group: A group for parents/caregivers who are supporting a young adult with a mental health and/or addiction concerns. Education and discussion around the impacts of supporting a young adult living with mental health and/or addictions. It is a space for families to connect and share their experiences with one another and to learn that they are not alone. Please email Youngadultservices@ahs.ca if interested.