



Bissell Centre

Community Space Programs September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Open Smudge – each morning at 8:30 am in the Wicitowin Room				
Community Kitchen 8:30am 11:00am	Foot Care Nurse 8:00am- 10:00am SEPT 3rd & 24th Counseling RM 1	LadyFlowerGarden 9:30 AM FRONT DOORS	Community Kitchen 8:30am 11:00am	Harmony Music & Singing 9:00am-11:00am CLASSROOM
Housing Workshop 9:00am-11:00am WICITOWIN ROOM	Music & Singing 8:30am-10:00am CLASSROOM	Computer Basics 9:00am -11:00am CLASSROOM	AHS Social Hour 9:00am-11:00am SEPT 5th & 19th CLASSROOM	Student Legal Services SEPT 27th 9:00am-10:00am MEETING ROOM
Make Tax Time Pay 9:00am - 1:00pm CLASSROOM	Sacred Circle SEPT 17th & 24th 9:00am - 11:00am Wicitowin Room	Mindful Minds 10:00am-12:00am WICITOWIN ROOM	Kôkum's Korner 10:00am-12:00pm WICITOWIN ROOM	Cultural Cooking 9:00am- 11:00am KITCHEN
My Story (Digital Storytelling) 12:00pm-3:00pm Wicitowin Room	Haircutters 10:00am-12:00pm Classroom	Street Works Naloxone Training & Kits 12:00pm-2:00pm SEPT 18th COUNSELING RM1	Creative Writing 12:00pm-2:00pm WICITOWIN ROOM	Computer Basics 12:00pm -2:00pm CLASSROOM
	STI Incentive Testing SEPT 10th & 3rd 10:30am-12:00pm Counseling RM1 & Meetina RM	Men's Group 12:00pm-2:00pm SEPT 11/18/25 Wicitowin Room	Drop-In Art 12:00pm-2:00pm Classroom	My Story (Digital Storytelling) 12:00pm-3:00pm Wicitowin Room
	stART! 12:00pm-2:00pm Classroom	Life Skills SEPT 11th/18th /25th 1:00pm - 2:00pm CLASSROOM		Street Prints 2:00pm - 4:00pm CLASSROOM
	Parenting In 2 Cultures SEPT 17th & 24th 2:15pm-4:15pm Wicitowin Room			
	Community Clean-Up 2:00pm-4:00pm			

All Programs FREE! For more information Phone: 780 423 2285 ext. 136 Email: jmanolakos@bissellcentre.org

***Community Space CLOSED Monday SEPTEMBER 2ND (Labour Day) & SEPTEMBER 4TH at 12:00PM

Offered Weekly!

Special Events!

Community Space Program Descriptions

Community Kitchen – Learning new skills in food preparation and cooking. Program includes food safety and budgeting teaching.

Housing Workshop – Weekly housing workshop in support service for those needing assistance to becoming permanently housed. Participants can learn about affordable housing and housing resources, get assistance searching online for available housing options, and see weekly affordable housing listings.

Make Tax Time Pay – Tax clinic that provides free income tax preparation for people in need.

Foot Care – AFC Nurse trained to assist, provide supplies, and educate in foot care.

STI Incentive Testing – Sexually Transmitted Infections Drop-in testing. Free and private testing.

Drop-In Art – Through various creative mediums, participants will be provided with supplies to create individual or group artistic endeavors.

Computer Basics – A program that offers adults an opportunity to learn basic computer skills, upskill and/or review previously learned skills in a safe and supported environment.

Mindful Minds – Using craft tools and paints, the aim of this program is to use creative ideas to express, support, and manage mental & physical well-being.

Street Works Naloxone Training & Kits – Drop-in training and kits provided to participants.

Community Yoga (Trauma Informed) – Drop-in yoga for everyone.

Kokum's Korner – A woman's cultural program where anyone can come and learn Native traditions and crafts.

Poetry – Write, share, and learn interactively with other aspiring creative writers in poetry.

Creative Writing – Bring your writing goals and interests to this drop-in class. Write, share, or learn interactively with other aspiring creative writers.

Harmony – Drop-in music program for anyone who likes to sing a song or play an instrument.

Cultural Cooking – Bring your ideas or learn new cooking skills from varying cultures.

Street Prints – Opportunities for inner city artists to display their work and/or generate sales or learn new skills.

Community Clean Up – Join us in making our neighborhood healthier and cleaner while being out in the sun.

AHS Social Time – Alberta Health Services Social Hour with coffee & conversation. Drop-in for snacks & discussions.

Life Skills – Learn how to manage expenses, create a budget, understand credit and debt management, protection from fraud and save for your future.

My Story: A Digital Storytelling Project – Tell your unique story through artistic expression: Art, crafts, writing, and dialogue. A digital storytelling artist will construct a short film of the participant's stories for viewing.

stART! – For the month of August this program offers the opportunity to community members to observe the creation of a mural. Ask a staff member for details!

Men's Group – A personal growth journey for men who to talk about challenges, experiences, or social time. Activities & agenda set by participants.

Sacred Circle – Sharing and healing circle where you have the chance to speak and listen. Participants can work on individual artistic expressions during the circle time.

Parenting In 2 Cultures – Raise healthy, happy children with the traditions you value! Registration Required.