Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

Men's Mental Health Drop-In Group

September 2026

Sun	Mon	Tues	**Wed**	Thur	Fri	Sat
30	*31*	1	2 Stress Management	3	4	5
6	7 STAT	8	9 Finding Balance	10	11	12
13	14	15	16 Values Alignment	17	18	19
20	21	22	23 Reflection & Integration	24	25	26
27	28	29	30 STAT - No Group	*1*	*2*	*3*

October 2026

Sun	Mon	Tues	**Wed**	Thur	Fri	Sat
27	*28*	*29*	*30*	1	2	3
4	5	6	7 Improving Communication	8	9	10
11	12 STAT	13	14 Managing Emotions	15	16	17
18	19	20	21 Meaningful Connections	22	23	24
25	26	27	28 Reflection & Integration	29	30	31

November 2026

Sun	Mon	Tues	**Wed**	Thur	Fri	Sat
1	2	3	4 Mental Health Awareness	5	6	7
8	9	10	11 STAT - No Group	12	13	14
15	16	17	18 Self-Concept	19	20	21
22	23	24	25 Reflection & Integration	26	27	28
29	30	*1*	*2*	*3*	*4*	*5*

December 2026

Sun	Mon	Tues	**Wed**	Thur	Fri	Sat
29	*30*	1	2 Making Changes	3	4	5
6	7	8	9 Escapism & Coping	10	11	12
13	14	15	16 Stress Management	17	18	19
20	21	22	23 Finding Balance	24	25 STAT	26
27	28 STAT	29	30 Reflection & Integration	31	*1*	*2*

Details: In-Person every Wednesday at 10:30am to 11:30am (except Stat Holidays)

Location: Medicine Hat Provincial Building (Adult Addiction and Mental Health)
Rm 2 - 346 3rd St. SE (Lower level entrance)