

The Well/La Source



Mondays: 8:30 am to 1:00 pm

Tuesday to Friday: 8:30 am to 3:15 pm









We serve: Light Breakfast: 9:30-10:30AM and Lunch: NOON-1:00PM

Ottawa Distress Centre: (613) 238-3311

Mental Health Crisis Line: (613) 722-6914

"SASC" - Sexual Assault Support Centre: (613) 234-2266

Emergency Housing After Hours (call after 4pm): (613)580-2400

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4	5	6 CLOSED	7
	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 The Wrench (Outreach Newspaper) 10:30-11:30 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Choir 11:00  1:30 Bingo		Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Making Palm Crosses 11:00 Karaoke & Games 1:00-3:00 
10	11	12	13	14 CLOSED
The Well Closes at 1:00	Housing Help 9:00-12:00 Yoga 10:00-11:00 Presentation: Women's Initiatives for Safe Environments 10:00-11:00 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts 	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Nutrition Workshop "Healthy Eating on a Budget" 10:00-12:00 Choir 11:00  1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group 11:00 ₪ † ☆ ☺ Emotional Regulation WORKSHOP 1:30-2:30 Manicures 1:30-3:00	
17 CLOSED	18	19	20	21
	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 WABANO Presentation 10:00-12:00 The Wrench 10:30-11:30 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts 	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Centretown Community Health Centre (RN) visit 11:00-12:00 Multi-faith Group 11:00 ₪ † ☆ ☺ Choir 11:00 1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Manicures 1:30-3:00 Birthday Tea – 1:30 	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Making Palm Crosses 11:00 Karaoke & Games 1:00-3:00  
24	25	26	27	28
The Well Closes at 1:00	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts 	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Metis Nation Workshop: "Healing Moccasins" 10:00-11:30 – 8 spots only you must register! Choir 11:00 St Matt's Band will visit! 11:30  1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group Bahai Faith Discussion 11:00 ₪ † ☆ ☺ Manicures 1:30-3:00	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Karaoke & Games 1:00-3:00 