












The Well/La Source



Mondays: 8:30 am to 1:00 pm
Tuesday to Friday: 8:30 am to 3:00 pm
613-594-8861

We serve: **Light Breakfast: 9:00-10:00 AM** and ****new time!!**
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
31	1st AUGUST!	2	3	4
The Well closes at 1:00	Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	SASC – 10:00-12:00 YOGA on The HILL 11:00-1:30 Choir 11:00	Haircutz 9:00-11:30 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00 
7	8	9	10	11
 This is A Holiday Monday! The Well Closed today	Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	SASC – 10:00-12:00 YOGA on The HILL 11:00-1:30 Choir 11:00	Haircutz 9:00-11:30 Elizabeth Fry Emotional Regulation WORKSHOP 1:30-2:30 Manicures 1:30-2:00 Birthday Tea - after lunch 	Karaoke & Games 1:00-3:00 
14	15	16	17	18
The Well closes at 1:00	Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	SASC – 10:00-12:00 YOGA on The HILL 11:00-1:30 Centretown Community Health Centre (RN) visit 11:30 - 12:30 Choir 11:00	Haircutz 9:00-11:30 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00 
21	22	23	24	25
The Well closes at 1:00	Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	SASC – 10:00-12:00 YOGA on The HILL 11:00-1:30 Choir 11:00	Haircutz 9:00-11:30 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00 
28	29	30	31	1 Sept
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