



# August

**Monday: 8:30am - 1:30pm**

**Tuesday - Friday: 8:30am - 3:00pm**  
**(613)594-8861**

Light Breakfast served from 9:00am - 10:00am

Lunch served from 12:00pm - 1:00pm

**Ottawa Distress Centre (613)238-3311**  
**Mental Health Crisis Line (613)722-6914**  
**Emergency Housing After Hours (call after 4pm)**  
**(613)580-2400**

**SASC(Sexual Assault Support Centre)**  
**(613)234-2266**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 30</b>	<b>July 31</b>	<b>1</b>	<b>2</b>	<b>3</b>
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 11:30-1:00: ROH Outreach 1:30: Arts & Crafts	10:00-12:00: SASC Outreach 11:00-12:00: Choir 1:15: BINGO  	9:00-11:30: Haircuts 1:30-3:00: Manicures	1:00-3:00: Karaoke & Games <b>Buskerfest Outing</b> 
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 11:30-1:00: ROH Outreach 1:30: Arts & Crafts	10:00-12:00: SASC Outreach 10:00-1:00: CCHC Nurse 11:00-12:00: Choir 1:15: BINGO  	9:00-11:30: Haircuts 1:30-3:00: Manicures After Lunch: Birthday Tea  	  10:00-12:00: Skip-Bo Tournament 1:00-3:00: Karaoke & Games
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 11:00: Legal Clinic, "Intro to Human Rights" 11:30-1:00: ROH Outreach 1:30: Arts & Crafts	10:00-12:00: SASC Outreach 11:00-12:00: Choir 1:15: BINGO  	9:00-11:30: Haircuts 1:00: Talent Show  	1:00-3:00: Karaoke & Games <b>Greek Fest Outing</b> 
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:00: The Well's Personal PRIDE Flag Raising  	9:00-11:30: Haircuts 10:00: Music by Calores Andinos 🎵 10:00-11:00: Yoga 11:30-1:00: ROH Outreach 1:30: PRIDE Arts & Crafts	10:00-12:00: SASC Outreach 11:00-12:00: Choir 1:15: BINGO  	9:00-11:30: Haircuts 11:00-12:00: Multi-Faith Group 1:30-3:00: Manicures 1:30: Proud2Be Button Making	9:30-11:45: Morning Movie(RENT) 1:00-3:00: Karaoke & Games  
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	9:00-11:30: Haircuts 10:00-11:00: Yoga 11:30-1:00: ROH Outreach 1:30: Arts & Crafts  	10:00-12:00: SASC Outreach 11:00-12:00: Choir 1:15: BINGO  	9:00-11:30: Haircuts 11:00-12:00: Multi-Faith Group 1:30-3:00: Manicures	1:00-3:00: Karaoke & Games  