



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
July 29	July 30	July 31	August 1	August 2
	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: 	10:00-12:00: SASC Outreach 11:30 - ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games
August 5	August 6	August 7	August 8	August 9
<p>THE WELL IS CLOSED</p>	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: 	9:00 - PET CARE WORKSHOP 10:00-12:00: SASC 11:30- ROH Outreach 1:15- :	9:00-11:30: Haircuts 10:00 Laughing Yoga Lunch Time: Birthday Tea 	12:00: BELLE'S RETIREMENT PARTY
August 12	August 13	August 14	August 15	August 16
<p>10:30 ACUPUNCTURE</p>	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: 	10:00-12:00: SASC Outreach 11:30- ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games
August 19	August 20	August 21	August 22	August 23
	9:00- Housing Help 9:00-11:30: Haircuts 10:00 - Gender Diversity Workshop 1:30 Arts & Crafts	10:00-12:00: SASC Outreach 11:30- ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games
August 26	August 27	August 28	August 29	August 30
	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: 	10:00-12:00: SASC Outreach 11:30-ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 12:30 - GROUP ACUPUNCTURE