



February

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
January 28	January 29	January 30	January 31	1
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 Laughing Yoga 1:30 Manicures 	1:00-3:00: Karaoke & Games 
4	5	6	7	8
	9:00-11:30: Haircuts 10:00-11:00: Chair Massage 1:30 Arts & Crafts Chinese New Years 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 Legal Clinic 1:15-2:15: Emotional Regulation w/ E. Fry After Lunch: Birthdav Tea 	1:00-3:00: Karaoke & Games 
11	12	13	14	15
 10:30 COMMUNITY ACUPUNCTURE	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga A.M- P.M Baking With Rosy 1:30-2:45: Arts & Crafts 	10:00-SASC Outreach 10:30-SKATE ON THE CANAL  11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 -11:00 Revenue Canada Presentation 10:00 Laughing Yoga 1:30-3:00: Manicures  	1:00-3:00: Karaoke & Games 
18	19	20	21	22
 The Well Closed	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Chair Massage 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 11:00 - BOWLING EVENT  1:30 Manicures 	1:30 -3:00 Canning Pickes 
25	26	27	28	March 1
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 12:30 COMMUNITY ACUPUNCTURE 