



December

Monday: 8:15 am - 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
2	3	4	5	6
 ACUPUNCTURE 10:30	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:15- Bake Xmas Cookies Workshop 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 -Tai Chi  1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 
9	10	11	12	13
	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 Laughing Yoga Lunch Time: Birthday Tea  1:30 -2:30 Manicures	1:00-3:00: Karaoke & Games 
16	17	18	19	20
 Xmas Party 10-2 pm	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 - Tai Chi  1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 
23	24	25	26	27
	THE WELL IS CLOSED 	THE WELL IS CLOSED CHRISTMAS DAY! 	THE WELL IS CLOSED BOXING DAY 	HOLIDAY ACTIVITIES TO BE ANNOUNCED 
30	31	January 1, 2020	January 2, 2020	January 3, 2020
	HOLIDAY ACTIVITIES TO BE ANNOUNCED 	THE WELL IS CLOSED  2020	HOLIDAY ACTIVITIES TO BE ANNOUNCED 	HOLIDAY ACTIVITIES TO BE ANNOUNCED 