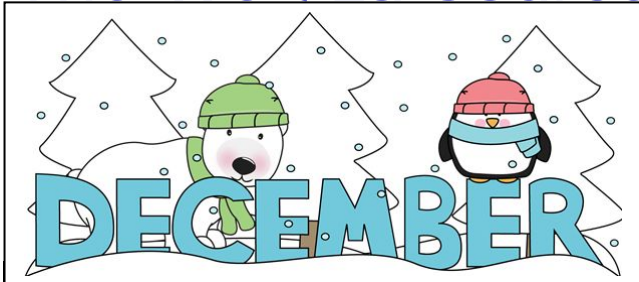


The Well/La Source



Mondays: 8:30 am to 1:00 pm

Tuesday to Friday: 8:30 am to 3:15 pm

We serve: **Light Breakfast:** 9:30-10:30AM and **Lunch:** NOON-1:00PM





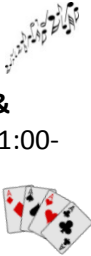












Ottawa Distress Centre: (613) 238-3311

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

Note: Our WELL Clothing Boutique is closed for the month of December, if you have an urgent need, please speak to Staff

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00 Haircutz 9:00-11:00 Yoga 10:00-11:00 Chair Massage 10-11:30 ROH Outreach 11:45 - 12:45 Learn To Quilt 1:00 - 2:00 1:30 Arts and Crafts </p>	<p>SASC - 10:00-12:00 Journaling with Cathy 10:45 Choir 11:00   1:30 Bingo</p>	<p>Haircutz 9:00-11:30 BLUE CHRISTMAS 11.00 Elizabeth Fry – Emotional Regulation workshop 1:15 - 2:15 Birthday Tea - 1:30  Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00 </p>
12	13	14	15	16
<p>The Well Closes at 1:00</p> <p>Elizabeth Fry Gateway Program 2:00-3:30</p>	<p>Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 The Wrench (Outreach Newspaper) 10:30-11:30 ROH Outreach 11:45 - 12:45 Learn To Quilt 1:00 - 2:00 1:30 Arts and Crafts </p>	<p>Metis Nation Workshop: Sweet Dreams 10:00-11:30 Journaling with Cathy 10:45 Choir 11:00   1:30 Bingo</p>	<p>Haircutz 9:00-11:30 Multi-faith Group 11:00  Elizabeth Fry – Emotional Regulation workshop 1:15 - 2:15 Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00  </p>
19	20	21	22	23
<p>OPEN 10.00 to 2.00 CHRISTMAS LUNCH </p>	<p>Housing Help 9:00-12:00 Yoga 10:00-11:00 OAHAS 10:00-11:30 Chair Massage 10-11:30 ROH Outreach 11:45 - 12:45 1:30 Arts and Crafts </p>	<p>SASC - 10:00-12:00 Journaling with Cathy 10:45 Choir 11:00   1:30 Bingo</p>	<p> CHRISTMAS PARTY! 10:00 - 2:00</p>	<p>CLOSED On 23rd Wishing All a very Merry Christmas</p>
26	27	28	29	30
CLOSED	CLOSED	OPEN 8.30 to 3.15	OPEN 8.30 to 3.15	OPEN 8.30 to 3.15
 HOLIDAY WEEK LIMITED PROGRAMMING BUT LOTS OF "COMMUNITY"				

