



December

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
3	4	5	6	7
10:30-11:30: Community Acupuncture 	9:00 Housing help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: (No Bake Cookies class) & Arts & Crafts CBC Radio 1:15 	10:00-12:00: SASC Outreach 10:00 Choir 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00- 11:00 Laughing Yoga 1:15 Crib Tournament 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
10	11	12	13	14
	9:00 Housing Help 9:00-11:30: Haircuts 10:00-11:00: Chair Massage 1:30-2:45: (No Bake Cookie Class) & Arts & Crafts 	10:00-12:00: SASC Outreach 10:00-11:30 Metis Nation Group 10:00 Choir 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 Music with Calores Andinos 1:15-2:15: Emotional Regulation w/ E. Fry 1:15 Birthday Tea 	12:30-1:30: Community Acupuncture 1:00-3:00: Karaoke & Games 
17	18	19	20	21
 THE WELL CHRISTMAS PARTY 10:00-2:00	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:00 Xmas Movie 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 10:00 Choir 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00-11:00 Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
24	25	26	27	28
	 CLOSED for Christmas	 CLOSED for Boxing Day	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
31	January 1	January 2	January 3	January 4
	HAPPY New Year <i>The Well is CLOSED</i>	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 