

The Well/La Source

Mondays: 8:30 am to 1:00 pm

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

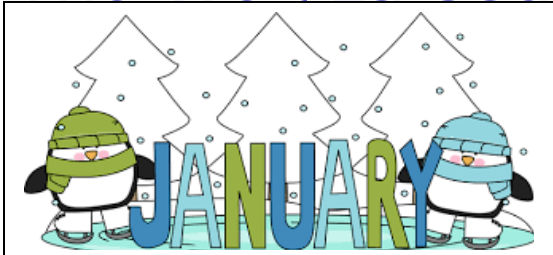
We serve: **Light Breakfast: 9:30-10:30AM** and **Lunch: NOON-1:00PM**





















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



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>CLOSED</p> 	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:00</p> <p>Yoga 10:00–11:00</p> <p>Learn To Quilt 1:30 – 2:30</p> <p>1:30 Arts and Crafts </p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p></p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00</p> <p>Manicures 1:30-3:00</p>	<p></p> <p>Karaoke & Games 1:00-3:00</p> 
9	10	11	12	13
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00–11:00</p> <p>The Wrench (Outreach Newspaper) 10:00-11:00</p> <p>Learn To Quilt 1:30 – 2:30</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Metis Nation Workshop: Sweet Dreams 10:00-11:30</p> <p>Choir 11:00 </p> <p></p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>Elizabeth Fry – Emotional Regulation workshop 1:15 – 2:15</p> <p>Birthday Tea – 1:30 </p> <p>Manicures 1:30-3:00</p>	<p></p> <p>Karaoke & Games 1:00-3:00</p> 
16	17	18	19	20
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>Workshop: Living with Anxiety 10:00-11:45</p> <p>Legal Clinic – 1:00pm</p> <p>Learn To Quilt 1:30 – 2:30</p> <p>1:30 Arts and Crafts </p>	<p>SASC – 10:00-12:00</p> <p>Healing Garden Workshop: Plant Run 10:00-11:00</p> <p>3rd Wednesday: Centretown Community Health Centre (RN) visit 11:00 – 12:00</p> <p>Choir 11:00 </p> <p></p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 
23	24	25	26	27
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00–11:00</p> <p>The Wrench (Outreach Newspaper) 10:00-11:00</p> <p>Workshop: Living with Anxiety 10:00-11:45</p> <p>Learn To Quilt 1:30 – 2:30</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p></p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 
30	31	1 - February	2	3
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00–11:00</p> <p>Workshop: Living with Anxiety 10:00-11:45</p> <p>Learn To Quilt 1:30 – 2:30</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p></p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 