



# January

**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
<b>December 31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		10:00-12:00: SASC Outreach 11:00-12:00: Choir 11:30 ROH Outreach 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 
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
 <b>10:30 - Community Acupuncture</b>	9:00-10:30: 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 10:00-11:30 <b>Metis Nation Workshop</b> 11:00-12:00: Choir 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts After Lunch: Birthday Tea 	1:00-3:00: Karaoke & Games 
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>THE WELL CLOSES AT 12:30</b> <b>STAFF DEVELOPMENT</b>	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 <b>Workshop "Healthy Relationships"</b> 11:00-12:00: Choir 11:30 ROH Outreach 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 
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	9:00-10:30: 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 11:00-12:00: Choir 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	<b>2:00 - Community Acupuncture</b> 1:00-3:00: Karaoke & Games 
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>February 1</b>
	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 <b>Workshop "Healthy Relationships"</b> 11:00-12:00: Choir 11:30 ROH Outreach 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 