



**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>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
 <b>Canada Day</b>	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30- Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
 <b>10:30 COMMUNITY ACUPUNCTURE</b>	9:00- Housing Help 9:00-11:30: Haircuts <b>9:30 - Boat Cruise with St. Joe's (Rideau Canal)</b> 	10:00- SASC Outreach <b>10:30 Legal Clinic</b> <b>Bingo</b> 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:15-2:15: Emotional Regulation w/ E. Fryr Lunch Time : Birthday Tea 	1:00-3:00: Karaoke & Games 
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30 - 2:30: Arts & Crafts 	10:00-: SASC Outreach 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-: SASC Outreach 11:30 ROH Outreach <b>1:00 - 2:00 pm Shakespeare Theatre Group Performance</b> 	9:00-11:30: Haircuts 1:15 - Bingo 	1:00-3:00: Karaoke & Games <b>12:30 Community Acupuncture</b> 
<b>29</b>	<b>30</b>	<b>31</b>	<b>August 1</b>	<b>August 2</b>
	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 Outreach 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 