











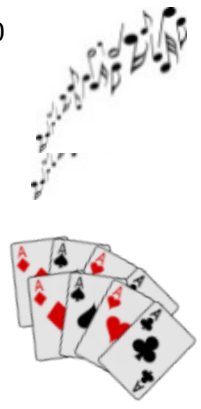







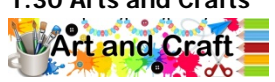





The Well/La Source

Mondays: 8:30 am to 1:30 pm
Tuesday to Friday: 8:30 am to 3:00 pm
613-594-8861

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

Ottawa Distress Centre: (613) 238-3311 "SASC" - Sexual Assault Support Centre: (613) 234-2266
 Mental Health Crisis Line: (613) 722-6914
 Emergency Housing After Hours (call after 4pm): (613) 580-2400



| | | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Monday July 2 | Tuesday July 3 | July 4 | July 5 | July 6 |
|  STAT HOLIDAY THE WELL IS CLOSED | Housing Help 9:00-10:30 Haircuts 9:00-11:30 Yoga 10:00 -11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts  | SASC – 10:00-12:00 Choir 11:00  1:15 Bingo | Haircutz 9:00-11:30 Multi-faith Group 11:00 ♣ ✚ ☆ Outing to Beach  Manicures 1:30-3:00 | Karaoke & Games 1:00-3:00  |
| July 9 | July 10 | July 11 | July 12 | July 13 |
| MONDAYS  THE WELL CLOSSES AT 1:30 | Housing Help 9:00-10:30 Haircutz 9:00-11:30 (Celtic Rathskallions) 10-11:00  ROH Outreach 11:30-1:00 1:30 Arts and Crafts  | SASC – 10:00-12:00 Choir 11:00  1:15 Bingo | Haircutz 9:00-11:30 Manicures 1:30-3:00 Multi-faith Group 11:00 ♣ ✚ ☆ Birthday Tea - after lunch  Elizabeth Fry (Emotional Regulation Workshop) | Karaoke & Games 1:00-3:00  |
| July 16 | July 17 | July 18 | July 19 | July 20 |
|  Mondays The Well closes at 1:30 | Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00—11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts  | Food In-Service (Hartmans Dietician) 10:00 SASC – 10:00-12:00 Choir 11:00  1:15 Bingo | Haircutz 9:00-11:30 Outing to Beach  Manicures 1:30-3:00 | Karaoke & Games 1:00-3:00  |
| July 23 | July 24 | July 25 | July 26 | July 27 |
|  Free Dental Clinic 9:30 -12 noon The Well closes at 1:30 | Housing Help & Haircutz 9-10 SKILLS ALONGSIDE PILLS WORKSHOP (ROH 11:00 -12:00)  1:30 Arts and Crafts  | SASC – 10:00-12:00 Choir 11:00  1:15 Bingo | Haircutz 9:00 -11:30 TALENT SHOW 1:00 PM  | Karaoke & Games 1:00-3:00  |
| Monday July 30 | TUESDAY JULY 31 | | | |
|  Well closes 1:30 | Housing Help & Haircutz 9-10  1:30 | | | |