

Hello JULY!

The Well/La Source



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

Handy phone numbers:

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








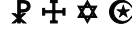







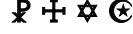






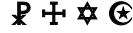







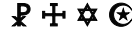

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Canada Day! Well Closed 
4  Well Closes at 1:30	5 Haircutz mornings  Yoga 10:00—11:00  1:30	6 Choir 11:00   1:30 BINGO	7 Haircutz mornings  Multi-faith Group 11:00  Manicures 1:30-3:00	8 Karaoke & Games 1:00-3:00 Art Journaling Group 1:30-2:30 
11  Well Closes at 1:30	12 Haircutz  Yoga 10:00—11:00  1:30	13 Choir 11:00   1:30 BINGO	14 Haircutz Bake Sale DAY!!  10:00-2:00 Multi-faith Group 11:00  Manicures 1:30-3:00	15 Karaoke & Games 1:00-3:00 Art Journaling Group 1:30-2:30 
18  Well Closes at 1:30	19 Haircutz  Yoga 10:00—11:00  1:30	20 Choir 11:00   1:30 BINGO	21 Haircutz Multi-faith Group 11:00  <u>BIRTHDAY Tea Day!</u>  Manicures 1:30-3:00	22 Karaoke & Games 1:00-3:00 Art Journaling Group 1:30-2:30 
25  Well Closes at 1:30	26 Haircutz Yoga 10:00—11:00  1:30	27 Choir 11:00   1:30 BINGO	28 Haircutz  Multi-faith Group 11:00  Manicures 1:30-3:00	29 Karaoke & Games 1:00-3:00 Art Journaling Group 1:30-2:30 

Wellness at The Well

MONDAY




















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hello
JULY!

				1 Canada Day Well Closed! 
4  Well Closes at 1:30	5  Housing Help 9:00-12:00	6 SASC – 10:00-12:00 	7 ROH Outreach 12:00-2:00 	8 
11  Well Closes at 1:30	12 OAHAS 10:00-11:30	13 SASC – 10:00-12:00 Metis Nation Workshop Finding Balance 10:00-11:30 	14 ROH Outreach 12:00-2:00 	15 
18  Well Closes at 1:30	19 Listening to Our Feelings Workshop 10:00-11:30 	20 SASC – 10:00-12:00 	21 ROH Outreach 12:00-2:00 	22 
25  Well Closes at 1:30	26 OAHAS 10:00-11:30 Housing Help 9:00-12:00  Listening to Our Feelings Workshop 10-11:30 	27 SASC – 10:00-12:00	28 ROH Outreach 12:00-2:00 	29 