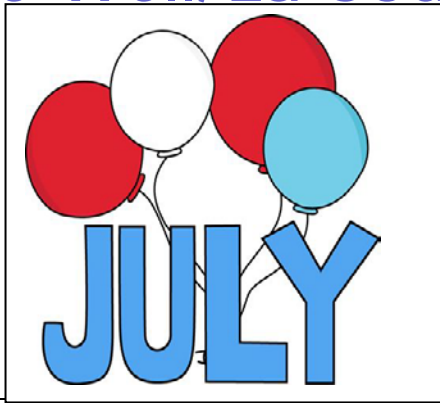


The Well/La Source



Mondays: 8:30 am to 1:00 pm

Tuesday to Friday: 8:30 am to 3:00 pm

We serve: Light Breakfast: 9:00-10:00 AM and ****new time!!**














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
3 <p>The Well Closed on MONDAY</p> 	4 Housing Help 9:00-10:30 Yoga 10:00-11:00 WRAP Group 10-12:00 (max 8 people) ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	5 SASC – 10:00-12:00  WoW SWIM at Jack Pursell Pool 10:00 to noon Choir 11:00	6 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Manicures 1:30-3:00	7 Karaoke & Games 1:00-3:00 
10 The Well closes at 1:00	11 Housing Help 9:00-10:30 Yoga 10:00-11:00 WRAP Group 10-12:00 (max 8 people) ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	12 SASC – 10:00-12:00 <u>Metis Nation Workshop:</u> "Building Healthy Relationships" 10:00-noon YOGA on The HILL 11:00-1:30 Choir 11:00	13 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Elizabeth Fry Emotional Regulation WORKSHOP 1:30-2:30 Manicures 1:30-3:00 Birthday Tea - after lunch 	14 Karaoke & Games 1:00-3:00 
17 The Well closes at 1:00	18 Housing Help 9:00-10:30 Yoga 10:00-11:00 WRAP Group 10-12:00 (max 8 people) ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	19 SASC – 10:00-12:00 YOGA on The HILL 11:00-1:30 Centretown Community Health Centre (RN) visit 11:00 – 12:00 Choir 11:00 	20 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Elizabeth Fry Emotional Regulation WORKSHOP 1:30-2:30 Manicures 1:30-3:00	21 Karaoke & Games 1:00-3:00 
24 The Well closes at 1:00 ----- 31st July The Well closes at 1:00	25 Housing Help 9:00-10:30 Yoga 10:00-11:00 Algonquin College Presents: Pathways to Post-Secondary Education 10:00 – 11:00 WRAP Group 10-12:00 (max 8 people) ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	26 SASC – 10:00-12:00 YOGA on The HILL 11:00-1:30 Choir 11:00 Wabano Outreach 11:30-1:30 	27 Manicures 1:30-3:00	28 Karaoke & Games 1:00-3:00 

Note: our Hair Stylist is on holiday for July