



Monday: 8:30am - 1:30pm





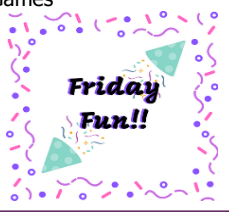



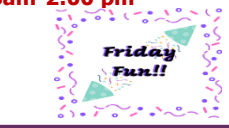




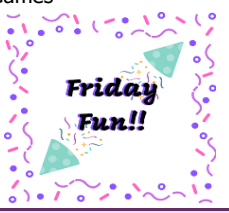









Tuesday - Friday: 8:30am - 3:00pm
(613)594-8861

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
27-May	28-May	29-May	30-May	31-May
	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 Outreach 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
3	4	5	6	7
 10:30 Community Acupuncture	9:00- Housing Help 9:00-11:30: Haircuts 10:00- Chair Massage NOTE: ANNUAL CELEBRATION- THE WELL CLOSES AFTER LUNCH	10:00-12:00: SASC Outreach 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30 - 2:45 Manicures 	1:00-3:00: Karaoke & Games: Saturday June 8 Minto Park Sale 8am-2:00 pm 
10	11	12	13	14
	9:00- Housing Help 9:00-11:30: Haircuts 1:30- Arts & Crafts 1:15 - Euchre Tournament 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 Laughing Yoga 1:15 - 2:15 -Emotional Regulation w/E.Fry After Lunch: Birthdav Tea 	1:00-3:00: Karaoke & Games 
17	18	19	20	21
	9:00- Housing Help 9:00-11:30: Haircuts 10:00- Chair Massage 11:00 - 11:30 \$\$\$ Budget Workshop 1:30-2:30 Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 1:15- : BINGO 	THE WELL IS CLOSED WAUPOOS OUTING 9:00-3:00 	12:30 Community Acupuncture 1:00-3:00 Karaoke & Games 
24	25	26	27	28
	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 10:00 Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 