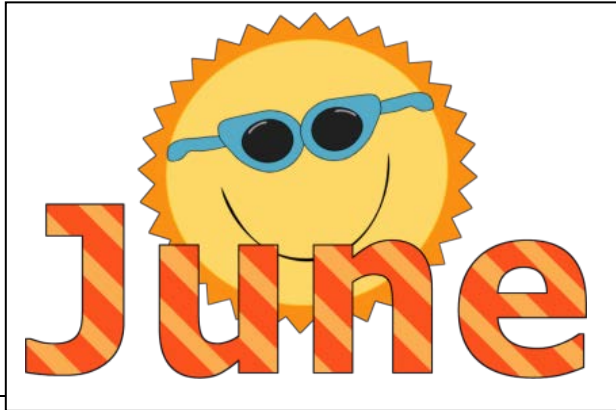


# The Well/La Source



**Mondays:** 8:30 am to 1:00 pm

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

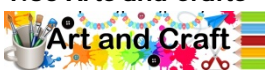













**We serve: Light Breakfast: 9:30-10:30AM and Lunch: NOON-1:00PM**

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   |
|--------------------------------|--|--|--|--|
| 29 May                         | 30   | 31   | 1 June   | 2 June   |
| <b>The Well Closes at 1:00</b> | <p><b>Housing Help</b> 9:00-10:30</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00—11:00</p> <p><b>WRAP Group</b> 10-12:00 (max 8 people)</p> <p><b>1:30 Arts and Crafts</b></p>    | <p><b>SASC</b> – 10:00-12:00</p> <p><b>YOGA on The HILL</b> 11:00—1:30</p> <p><b>Wishing Well Group</b> 10:00</p> <p><b>Choir</b> 11:00</p>                                        | <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Multi-faith Group</b> 11:00 ✚ ✚ ✚ ☺</p> <p><b>Manicures</b> 1:30-3:00</p>  | <p><b>Karaoke &amp; Games</b> 1:00-3:00</p>   |
| 5                              | 6  | 7  | 8  | 9  |
| <b>The Well Closes at 1:00</b> | <p><b>Housing Help</b> 9:00-10:30</p> <p><b>Yoga</b> 10:00—11:00</p> <p><b>WRAP Group</b> 10-12:00 (max 8 people)</p> <p><b>ROH Outreach</b> 11:30-1:00</p> <p><b>1:30 Arts and Crafts</b></p>    | <p><b>SASC</b> – 10:00-12:00</p> <p><b>YOGA on The HILL</b> 11:00—1:30</p> <p><b>Choir</b> 11:00</p>   | <p><b>Haircutz</b> 9:00-11:30</p> <p><b>ROH WORKSHOP Spring &amp; Summer Tools for Wellness</b> 10:30-11:30</p> <p><b>Multi-faith Group</b> 11:00 ✚ ✚ ✚ ☺</p> <p><b>Manicures</b> 1:30-3:00</p> <p><b>Birthday Tea</b> - after lunch</p>  | <p><b>Karaoke &amp; Games</b> 1:00-3:00</p>   |
| 12                             | 13   | 14   | 15   | 16   |
| <b>The Well Closes at 1:00</b> | <p><b>Housing Help</b> 9:00-10:30</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00—11:00</p> <p><b>WRAP Group</b> 10-12:00 (max 8 people)</p> <p><b>ROH Outreach</b> 11:30-1:00</p> <p><b>Legal Clinic – Your Tenant Rights</b> 1:00-2:00</p> <p><b>1:30 Arts and Crafts</b></p>  | <p><b>SASC</b> – 10:00-12:00</p> <p><b>Metis Nation Workshop: “Don’t Catch That Fish”</b> 10:00-noon</p> <p><b>YOGA on The HILL</b> 11:00—1:30</p> <p><b>Choir</b> 11:00</p>     | <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Note: Chapel Service 11:00 Friday at Waupoos ---&gt;</b></p> <p><b>Elizabeth Fry Emotional Regulation WORKSHOP</b> 1:30-2:30</p> <p><b>Manicures</b> 1:30-3:00</p>   | <p><b>Well is closed</b></p> <p><b>DAY at Waupoos</b></p>   |
| 19                             | 20   | 21   | 22   | 23   |
| <b>The Well Closes at 1:00</b> | <p><b>Housing Help</b> 9:00-10:30</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00—11:00</p> <p><b>WRAP Group</b> 10-12:00 (max 8 people)</p> <p><b>ROH Outreach</b> 11:30-1:00</p> <p><b>1:30 Arts and Crafts</b></p>    | <p><b>SASC</b> – 10:00-12:00</p> <p><b>YOGA on The HILL</b> 11:00—1:30</p> <p><b>Choir</b> 11:00</p> <p><b>Centretown Community Health Centre (RN) visit</b> 11:00 – 12:00</p>  | <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Manicures</b> 1:30-3:00</p>  | <p><b>Karaoke &amp; Games</b> 1:00-3:00</p>   |
| 26                             | 27   | 28   | 29   | 30 Friday  |
| <b>The Well Closes at 1:00</b> | <p><b>Housing Help</b> 9:00-10:30</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00—11:00</p> <p><b>WRAP Group</b> 10-12:00 (max 8 people)</p> <p><b>ROH Outreach</b> 11:30-1:00</p> <p><b>1:30 Arts and Crafts</b></p>   | <p><b>SASC</b> – 10:00-12:00</p> <p><b>Yoga</b> 10:00—11:00</p> <p><b>Wishing Well Group</b> 10:00</p> <p><b>YOGA on The HILL</b> 11:00—1:30</p> <p><b>Choir</b> 11:00</p> <p><b>Wabano Outreach</b> 11:30-1:30</p>  | <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Multi-faith Group</b> 11:00 ✚ ✚ ✚ ☺</p> <p><b>Manicures</b> 1:30-3:00</p>  | <p><b>Karaoke &amp; Games</b> 1:00-3:00</p>  <p>-----</p> <p><b>The Well will be Closed on MONDAY</b></p>  |