

















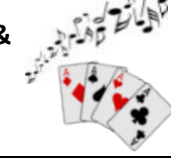




The Well/La Source



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

Monday	Tuesday	Wednesday	Thursday	Friday
February 26	February 27	February 28	1	2
 <p>Mondays The Well closes at 1:30</p>	<p>Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 WoW Discussion – after lunch Wrap Program ROH 1:00 – 2:00  1:30</p>	<p>SASC – 10:00-12:00 Choir 11:00  1:15 Bingo</p>	<p>Haircutz 9:00-11:30 Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00 </p>
5	6	7	8	9
 <p>Mondays The Well closes at 1:30</p>	<p>Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 Opioid Prevention Workshop with Amethyst & Public Health 10:00 – 11:00 ROH Outreach 11:30-1:00 WoW Discussion – after lunch Wrap Program ROH 1:00 – 2:00  1:30</p>	<p>SASC – 10:00-12:00 Choir 11:00  1:15 Bingo</p>	<p>Haircutz 9:00-11:30 Manicures 1:30-3:00 Elizabeth Fry Emotional Regulation Workshop 1:30-2:30 Birthday Tea - 1:15 </p>	<p>International Women's Day Event ("Be You Boutique") @ St. Joe's Women Centre  The Well will close at 1:00</p>
12	13	14	15	16
 <p>Mondays The Well closes at 1:30</p>	<p>Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 Chair Massage 10:30 ROH Outreach 11:30-1:00 WoW Discussion – after lunch Wrap Program ROH 1:00 – 2:00 Legal Clinic "Bingo" (University of Ottawa Legal Clinic) 1:00 – 2:00  1:30</p>	<p>SASC – 10:00-12:00 Food For Thought with Belle 10:00 – 11:00 Choir 11:00  1:15 Bingo</p>	<p>Haircutz 9:00-11:30 Cause Tutoring Presentation 9:30 – 10:00 Multi-faith Group 11:00 ✠ ✚ ✛ ✜ Eucharist @ St. John's 12:00 Manicures 1:30-3:00</p>	<p>Free Dental Screening 9:30 – 1:00 Canning Workshop 10:00 – 11:45 Karaoke & Games 1:00-3:00 </p>
19	20	21	22	23
 <p>Mondays The Well closes at 1:30</p>	<p>Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 WRAP Program ROH 1:00 – 2:00  1:30</p>	<p>SASC – 10:00-12:00 WOW Quarterly Meeting 10:30m – 11:30 Choir 11:00 Centretown Community Health Centre (RN Visit) 12:00  1:15 Bingo</p>	<p>Haircutz 9:00-11:30 Multi-faith Group 11:00 ✠ ✚ ✛ ✜ Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00  SATURDAY, MAR 24 PANCAKE BRUNCH 10:00 – 1:00</p>
26	27	28	29	30
 <p>Mondays The Well closes at 1:30 Multi-faith (Making Palm Crosses) 11:00</p>	<p>Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 Chair Massage 10:30 ROH Outreach 11:30-1:00 WRAP Program ROH 1:00 – 2:00  1:30</p>	<p>SASC – 10:00-12:00 Choir 11:00  1:15 Bingo</p>	<p>Haircutz 9:00-11:30 Multi-faith Group (Hand Washing) 11:00 ✠ ✚ ✛ ✜ Manicures 1:30-3:00</p>	<p> Good Friday The Well is CLOSED</p>