



March

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 February 25	Tuesday February 26	Wednesday February 27	Thursday February 28	Friday 1
	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 11:30 1:00 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 10:30 Laughing Yoga 	1:00-3:00: Karaoke & Games 
4	5	6	7	8
 10:30 Community Acupuncture	9:00- Housing Help 9:00-11:30: Haircuts 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 10:30 Zumba Class  11:30 ROH outreach 1:15- BINGO  	9:00-11:30 Haircuts 10:00 Legal Clinic The Well closes@ 11:00 am International Womens Day Event St. Joe's 11:00-2:00 	1:00-3:00: Karaoke & Games 
11	12	13	14	15
	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Chair Massage 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 Revenue Canada Workshop After Lunch: Birthday Tea 1:45 - Emotional Regulation W E/Fry 	1:00-3:00: Karaoke & Games 
18	19	20	21	22
	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 11:30-1:00 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 Zumba Class  1:30-3:00: Manicures	1:00-3:00: Karaoke 2:00 Community Acupuncture Saturday March 23 Pancake Brunch 10:00-1:00 pm 
25	26	27	28	29
	9:00: Housing Help 9:00-11:30: Haircuts 10:00- Chair Massage 10:30 - 3:00 Rainbow Theatre Outing Arts & Crafts 	10:00-12:00: SASC 10:30 Self Care Workshop 11:30-1:00 ROH 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts Afternoon: Crib Tournament  1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 