

# 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p>"Therapeutic Touch" 10:00 – 12:00</p> <p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>The Wrench (Outreach Newspaper) 10:30-11:30</p> <p>Forgiveness Workshop 11:00-1:00</p> <p>ROH Outreach 11:30-1:00</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>"Therapeutic Touch" 10:00 – 12:00</p> <p>Choir 11:00</p> <p>Welcome St Mark's School! 11:30</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ☺</p> <p>Manicures 1:30-3:00</p>	<p>"Therapeutic Touch" 10:00 – 12:00</p> <p>Karaoke &amp; Games 1:00-3:00</p> 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>Forgiveness Workshop 11:00-1:00</p> <p>ROH Outreach 11:30-1:00</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Yoga 10:00–11:00</p> <p><u>Metis Nation Workshop:</u> "Honouring Metis Women" 10:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ☺</p> <p>Centretown Community Health Centre (RN) visit 11:00 – 12:00</p> <p>Choir 11:00</p> <p>Drumming with Melanie 12:30</p>	<p>Haircutz 9:00-11:30</p> <p>Emotional Regulation WORKSHOP 1:30-2:30</p> <p>Manicures 1:30-3:00</p> <p>Birthday Tea - after lunch</p> 	<p>Karaoke &amp; Games 1:00-3:00</p>   
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00–11:00</p> <p>The Wrench 10:30-11:30</p> <p>Forgiveness Workshop 11:00-1:00</p> <p>ROH Outreach 11:30-1:00</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>Nutrition Community Advisory Group 10:30</p> <p>Choir 11:00</p> 	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ☺</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke &amp; Games 1:00-3:00</p>   
<b>22 CLOSED</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>Well is Closed today</p> 	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00–11:00</p> <p>*new* WRAP Group 10-12:00</p> <p>ROH Outreach 11:30-1:00</p> <p>1:30 Arts and Crafts</p> 	<p>SASC – 10:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>Choir 11:00</p> 	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group Judaism 11:00 ✚ ✚ ✚ ☺</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke &amp; Games 1:00-3:00</p>   
<b>29</b>	<b>30</b>	<b>31</b>	<b>1 June</b>	<b>2</b>
<p>The Well Closes at 1:00</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00–11:00</p> <p>The Wrench 10:30-11:30</p> <p>*new* WRAP Group 10-12:00</p> <p>ROH Outreach "Spring Tools for Wellness" 10:30-1:00</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Yoga 10:00–11:00</p> <p>Wishing Well Group 10:00</p> <p>Choir 11:00</p> 	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ☺</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke &amp; Games 1:00-3:00</p> 