



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
April 29	April 30	1	2	3
	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 BINGO!!	9:00-11:30: Haircuts 10:00 Self esteem Workshop (Metis Nation) 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games Friday Fun!!
6	7	8	9	10
 10:00 Therapeutic Touch 10:30 Community Acupuncture	9:00- Housing Help 9:00-11:30: Haircuts 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 10:00-noon Therapeutic Touch 11:30 ROH Outreach 1:15- : BINGO BINGO!!	9:00-11:30: Haircuts 1:15-2:15: Emotional Regulation w/ E. Fry After Lunch: Birthday Tea 	1:00-3:00: Karaoke & Games Friday Fun!!
13	14	15	16	17
	9:00 Housing Help 10:00 Dental Clinic (Public Health) 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 10:30 Tulip Festival Outing 11:30 ROH Outreach 1:15 BINGO!!	9:00-11:30: Haircuts 10:00 Laughing Yoga 10:30 Tulip Festival Outing 1:30-3:00: Manicures	12:30 Community Acupuncture Friday Fun!! 1:30-3:00 Karaoke & Games
20	21	22	23	24
	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:30 Chair Massage 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 1:15- : BINGO BINGO!!	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games Friday Fun!!
27	28	29	30	31
	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 BINGO!!	9:00-11:30: Haircuts 10:00 Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games Friday Fun!!