

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
30	31	1 November	2	3
<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 1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00 "STORM" Presentation 10:00 Sex Trade Outreach Mobile YOGA 10:30-11:30 Choir 11:00 Wabano Outreach 11:30-1:00</p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30 LUNG Health presentation 10:00 Anxiety Workshop 10:00 – 11:00 Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p>
6	7	8	9	10
<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</p> <p>WoW discussion – after lunch WRAP Program ROH 1:00 – 2:00 1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00 YOGA 10:30-11:30 Learn to make Granola! 10:30 Choir 11:00 Wabano Outreach 11:30-1:00</p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30 Anxiety Workshop 10:00 – 11:00</p> <p>Memorial Service All Saints & Remembrance 10:30</p> <p>Elizabeth Fry Emotional Regulation WORKSHOP 1:30-2:30 Birthday Tea - after lunch</p>	<p>Karaoke & Games 1:00-3:00</p>
13	14	15	16	17
<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</p> <p>WoW discussion – after lunch WRAP Program ROH 1:00 – 2:00 1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00 YOGA 10:30-11:30 Centretown Community Health (RN) visit 11:30 Choir 11:00 Wabano Outreach 11:30-1:00</p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30 Anxiety Workshop 10:00 – 11:00</p> <p>Multi-faith Group 11:00 & St John's Eucharist at noon</p> <p>Meditation 1:30 Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p>
20	21	22	23	24
<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</p> <p>R.E.A.C.H. presents info on Justice for the disabled 10:00 – 11:00 Chair Massage 10:30 ROH Outreach 11:30-1:00</p> <p>WoW discussion – after lunch WRAP Program ROH 1:00 – 2:00 1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00 YOGA 10:30-11:30 Choir 11:00 Wabano Outreach 11:30-1:00</p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30 Anxiety Workshop 10:00 – 11:00</p> <p>Multi-faith -GRATITUDE 11:00</p> <p>Meditation 1:30 Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p>
27	28	29	30	1 December
<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</p> <p>WoW discussion – after lunch WRAP Program ROH 1:00 – 2:00 1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00 FLU SHOTS 10:00 YOGA 10:30-11:30 Choir 11:00 Wabano Outreach 11:30</p> <p>1:30 Bingo</p>	<p>Haircutz 9:00-11:30 Anxiety Workshop 10:00 – 11:00</p> <p>Multi-faith Group 11:00</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p>