

















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
 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
2	3	4	5	6
The Well closes at 1:30	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 	SASC – 10:00-12:00 YOGA 10:30-11:30 Choir 11:00 Wabano Outreach 11:30-1:00  1:30 Bingo	Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ☉ Meditation 1:30 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00 
9	10	11	12	13
CLOSED for Thanksgiving Be Thankful 	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 1:30 Arts and Crafts 	SASC – 10:00-12:00 YOGA 10:30-11:30 Choir 11:00 Wabano Outreach 11:30-1:00  1:30 Bingo	Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ☉ Elizabeth Fry Emotional Regulation WORKSHOP 1:30-2:30 Manicures 1:30-2:00	Karaoke & Games 1:00-3:00  Saturday Oct 14 th 10:00am-1:00 Pancake Brunch! Thanks to: Theta Sigma Psi!
16	17	18	19	20
The Well closes at 1:30	Housing Help 9:00-10:30 Haircutz 9:00-11:30 Yoga 10:00-11:00 Legal Clinic - fun Bingo format 11:00 ROH Outreach 11:30-1:00 1:30 Arts and Crafts 	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  1:30 Bingo	Haircutz 9:00-11:30 Anxiety Workshop 10:00 – 11:00 Multi-faith Group ✚ ✚ ✚ ☉ 11:00 & St John's Eucharist at noon Meditation 1:30 Manicures 1:30-3:00 Birthday Tea - after lunch 	Thanksgiving LUNCH  Karaoke & Games 1:00-3:00
23	24	25	26	27
The Well closes at 1:30	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 1:30 Arts and Crafts 	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  1:30 Bingo	Haircutz 9:00-11:30 Anxiety Workshop 10:00 – 11:00 Multi-faith -GRATITUDE 11:00 ✚ ✚ ✚ ☉ Meditation 1:30 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00 
30	31	1 November	2	3
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