


















# OCTOBER

**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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	9:00-11:30: Haircuts 10:00-11:00: Gentle Touch Massage 10:00 -11:00 <b>Bullying Workshop</b> 1:30-2:45: Arts & Crafts	10:00-12:00: SASC 9:45 - 11:15 <b>St. Marks Social Justice Bus Tour</b> 11:00-12:00: Choir 11:30-1:00: ROH Outreach 1:15 BINGO 	9:00-11:30: Haircuts 11:00-12:00: Multi-Faith Group 1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 10:00 - 11:00 <b>Legal Clinic (Human Rights)</b> 1:30-2:45: Arts & Crafts	10:00-11:30 <b>Metis Nation Of Ontario (Consent)</b> SASC 10:00 -11:30 11:30- ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 - 11:00 <b>Laughing Yoga</b> 1:15-2:15: Emotional Regulation w/ E. Fry After Lunch: Birthday Tea 	1:00-3:00: Karaoke & Games 
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Gentle Touch Massage 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 11:00-12:00 Multi-Faith 11:00 - 11:45 <b>CAWI (Election Info)</b> 1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	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 11:30-1:00: ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00-11:00 <b>Laughing Yoga</b> 11:00-12:00: Multi-Faith Group 1:30-3:00: Manicures	12:30 <b>Community Acupuncture</b> 1:00 - 3:00 Karaoke & Games 
<b>29</b>	<b>30</b>	<b>31</b>	<b>November 1</b>	<b>November 2</b>
	9-10:30 Housing Help 9:00-11:30: Haircuts 10:00-11:00: Gentle Touch Massage 11:30-1:00: ROH Outreach 1:30-2:45: Arts & Crafts	10:00-12:00: SASC Outreach "10:00-12:00: SASC Outreach 11:00-12:00: Choir 1:15- : BINGO" 	9:00-11:30: Haircuts 11:00-12:00: Multi-Faith Group 1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 