

The Well/La Source

We serve: Light Breakfast: 9:30-10:30AM and Lunch: NOON-1:00PM
Handy phone numbers:
 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



Find us: downstairs at 154 Somerset St. West

We are open:
Mondays: 8:30 am to 1:30 pm
Tuesday to Friday: 8:30 am to 3:15 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Staff Development in the afternoon The Well Closes at ** 12:30 **	4 Housing Help 9:00-12:00 Haircutz 9:00-11:00 Yoga 10:00-11:00 OAHAS 10:00-11:30 The Wrench (Outreach Newspaper) 10:30-11:30 1:30 Arts and Crafts 	5 St Mark's School visits on their Social Justice Bus tour 9:00 SASC - 10:00-12:00 Choir 11:00 1:30 Bingo	6 Haircutz 9:00-11:30 Multi-faith Group 11:00 ROH Outreach 12:00-2:00 Manicures 1:30-3:00	7 Yummy Thanksgiving Lunch! Karaoke & Games 1:00-3:00
10 Closed Happy Thanksgiving 	11 Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 1:30 Arts and Crafts 	12 SASC - 10:00-12:00 <u>Metis Nation Workshop</u> Stress Management 10:00-11:30 Choir 11:00 1:30 Bingo	13 Haircutz 9:00-11:30 Multi-faith Group 11:00 ROH Outreach 12:00-2:00 <u>BIRTHDAY Tea Day</u> Manicures 1:30-3:00	14 Karaoke Games 1:00-3:00
17 The Well Closes at 1:30	18 Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 OAHAS 10:00-11:30 The Wrench 10:30-11:30 Chair Massage 10-11:30 <u>Workshop: Tenant's Rights (A Legal Bingo Game)</u> 1:00 PM -2:00 PM 1:30 Arts and Crafts 	19 SASC - 10:00-12:00 Choir 11:00 1:30 Bingo	20 Haircutz 9:00-11:30 Multi-faith Group 11:00 ROH Outreach 12:00-2:00 Manicures 1:30-3:00	21 Karaoke & Games 1:00-3:00
24 The well closes at 1:30	25 Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00 -11:00 1:30 Arts and Crafts 	26 SASC - 10:00-12:00 Choir 11:00 1:30 Bingo	27 Haircutz 9:00-11:30 Multi-faith Group 11:00 ROH Outreach 12:00-2:00 Manicures 1:30-3:00	28 Karaoke & Games 1:00-3:00