

















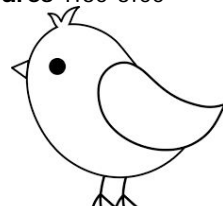
The Well/La Source



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
4  A Holiday Monday ! The Well is Closed today	5 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	6 SASC – 10:00-12:00 Choir 11:00 	7 Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Manicures 1:30-3:00	8 Karaoke & Games 1:00-3:00 
11 The Well closes at 1:30	12 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 	13 SASC – 10:00-12:00 Making Granola Workshop! 10:00 YOGA 10:30-11:30 Choir 11:00  1:30 Bingo	14 Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Elizabeth Fry Emotional Regulation WORKSHOP 1:30-2:30 Manicures 1:30-2:00 Birthday Tea - after lunch 	15 Karaoke & Games 1:00-3:00 
18 The Well closes at 1:30	19 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 	20 SASC – 10:00-12:00 YOGA 10:30-11:30 Food Safety/Storage Workshop 10:30 Centretown Community Health Centre (RN) visit 11:30 Choir 11:00  1:30 Bingo	21 Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Manicures 1:30-3:00 	22 Karaoke & Games 1:00-3:00 
25 The Well closes at 1:30	26 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	27 SASC – 10:00-12:00 YOGA 10:30-11:30 Choir 11:00 Wabano Outreach 11:30-1:00  1:30 Bingo	28 Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Manicures 1:30-3:00	29 Karaoke & Games 1:00-3:00 
2nd October The Well closes at 1:30 	3 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 	4 SASC – 10:00-12:00 YOGA 10:30-11:30 Choir 11:00  1:30 Bingo	5 Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ Manicures 1:30-3:00 	6 Karaoke & Games 1:00-3:00 