



September

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
3	4	5	6	7
 <p>Happy Labour Day The Well is CLOSED</p>	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00 -11:00 Gentle Touch Massage 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts	10:00-12:00: SASC Outreach 11:30 - 1:00 pm ROH 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 
10	11	12	13	14
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00 - 11:00 (Gender & Sexual Diversity) 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts	10:00-12:00: SASC Outreach 10:00-11:00 Gambling Workshop (Metis Nation Of Ottawa) 11:30 - 1:00 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 - 11:00 Laughing Yoga 11:00-12:00: Multi-Faith Group 1:15-2:15: Emotional Regulation w/ E. Fry After Lunch: BirthDay Tea 	1:00-3:00: Karaoke & Games 
17	18	19	20	21
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00 Gentle Touch Massage 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts	10:00-12:00: SASC Outreach 11:30 - 1:00 pm. ROH 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	12:30 - 2:00 pm Community Acupuncture 1:00-3:00: Karaoke & Games 
24	25	26	27	28
	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00 - 11:00 (Bullying Workshop) 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts	10:00-12:00: SASC Outreach 10:30 WOW Meeting 11:30 - 1:00pm ROH outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00-11:00 Laughing Yoga 11:00-12:00: Multi-Faith Group 1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 