



September

Monday: 8:30am - 1:30pm

Tuesday - Friday: 8:30am - 3:00pm
(613)594-8861

Light Breakfast served from 8:30am - 9:30am

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
2  THE WELL IS CLOSED	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 -Tai Chi Workout  1:30- Manicures	1:00: Karaoke & Games 
9  10:30 ACUPUNCTURE	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:00- Laughing Yoga Lunch Time: Birthday Tea 	1:00 Karaoke & Games 
16  	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 10:00- Legal Clinic 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30 Manicures 	1:00: Karaoke & Games 
23  	9:00: Housing Help 9:00-11:30: Haircuts 8:30-3:00 Thousand Island Cruise 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10:30 - Tai Chi Workout  1:30- Manicures	1:00 Karaoke & Games  12:30 ACUPUNCTURE 
30  	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 