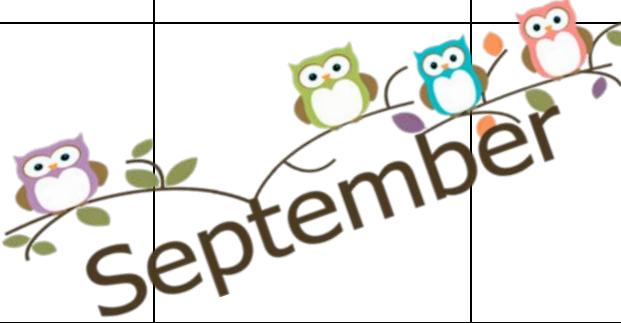





























The Well/La Source

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ ROH Outreach 12:00-2:00 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00  
5	6	7	8	9
Well Closed Labour Day Holiday	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 OAHAS 10:00-11:30 The Wrench (Outreach Newspaper) 10:30-11:45 1:30 Arts and Crafts 	SASC – 10:00-12:00 Choir 11:00   1:30 Bingo	Haircutz 9:00-11:30 Multi-faith Group 11:00 ✚ ✚ ✚ ✚ ROH Outreach 12:00-2:00  Manicures 1:30-3:00	Karaoke & Games 1:00-3:00  
12	13	14	15	16
 The Well Closes at 1:30	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 <u>Workshop: Accessing Legal Services (A Legal Bingo Game)</u> 1:00 PM -2:00 PM 1:30 Arts and Crafts 	SASC – 10:00-12:00 <u>Metis Nation Workshop "Don't Catch That Fish"</u> Red flags of abusive partner. 10:00-11:30 Choir 11:00   1:30 Bingo	Haircutz 9:00-11:30  Multi-faith Group 11:00 ✚ ✚ ✚ ✚ ROH Outreach 12:00-2:00 <u>Photography Workshop</u> 1:00 – 3:00 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00  
19	20	21	22 	23
Well Closed! Closed for a Painting Project Thank You Home Depot Barrhaven! 	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 OAHAS 10:00-11:30 The Wrench 10:30-11:45 <u>Chair Massage Day</u> 1:30 Arts and Crafts 	SASC – 10:00-12:00 Choir 11:00   1:30 Bingo	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	Karaoke & Games 1:00-3:00  
26	27	28	29	30
 The well closes at 1:30	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00 -11:00 1:30 Arts and Crafts 	SASC – 10:00-12:00 Choir 11:00   1:30 Bingo	Haircutz 9:00-11:30 Multi-faith Group & OAHAS Angels and Spirit Guides 11:00 ✚ ✚ ✚ ✚ ROH Outreach 12:00-2:00 Manicures 1:30-3:00	Karaoke & Games 1:00-3:00 