


















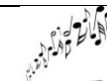


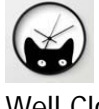










# The Well/La Source

**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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>Well is CLOSED August 1<sup>st</sup> HOLIDAY</b></p> 	<p><b>Housing Help</b>  9:00-12:00</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00–11:00</p> <p><b>Art and Craft</b>  <b>1:30</b></p>	<p><b>SASC</b> – 10:00-12:00 </p> <p><b>Choir</b> 11:00 </p> <p><b>BINGO</b>  <b>1:30 Bingo</b></p>	<p><b>Haircutz</b> 9:00-11:30 </p> <p><b>Multi-faith Group</b> 11:00 </p> <p><b>ROH Outreach</b> 12:00-2:00 </p> <p><b>Manicures</b> 1:30-3:00</p>	<p><b>Karaoke &amp; Games</b> 1:00-3:00   </p> <p><b>Art Journaling Group</b> 1:30-2:30</p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
 <p>Well Closes at 1:30</p>	<p><b>Housing Help</b> 9:00-12:00</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00–11:00</p> <p><b>OAHAS</b> 10:00-11:30</p> <p><b>Listening to Our Feelings Workshop</b> 11:00-11:50</p> <p><b>Art and Craft</b>  <b>1:30</b></p>	<p><b>SASC</b> – 10:00-12:00</p> <p><b>Choir</b> 11:00 </p> <p><b>Metis Nation Workshop Paddling Forward</b> 10:00-11:30</p> <p><b>BINGO</b>  <b>1:30 Bingo</b></p>	<p><b>Haircutz</b> 9:00-11:30</p> <p><b>Multi-faith Group</b> 11:00 </p> <p><b>ROH Outreach</b> 12:00-2:00</p> <p><b>BIRTHDAY Tea Day</b> </p> <p><b>Manicures</b> 1:30-3:00</p>	<p><b>Karaoke &amp; Games</b> 1:00-3:00  </p> <p><b>Art Journaling Group</b> 1:30-2:30 </p>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
 <p>Well Closes at 1:30</p>	<p><b>Housing Help</b> 9:00-12:00</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00–11:00</p> <p><b>Art and Craft</b>  <b>1:30</b></p>	<p><b>SASC</b> – 10:00-12:00</p> <p><b>Choir</b> 11:00 </p> <p><b>BINGO</b>  <b>1:30 Bingo</b></p>	<p><b>Haircutz</b> 9:00-11:30 </p> <p><b>Multi-faith Group</b> 11:00 </p> <p><b>ROH Outreach</b> 12:00-2:00</p> <p><b>Manicures</b> 1:30-3:00</p>	<p><b>Karaoke &amp; Games</b> 1:00-3:00   </p> <p><b>Art Journaling Group</b> 1:30-2:30</p>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
 <p>Well Closes at 1:30</p>	<p><b>Housing Help</b> 9:00-12:00</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00–11:00</p> <p><b>OAHAS</b> 10:00-11:30</p> <p><b>Art and Craft</b>  <b>1:30</b></p>	<p><b>SASC</b> – 10:00-12:00</p> <p><b>Choir</b> 11:00 </p> <p><b>BINGO</b>  <b>1:30 Bingo</b></p>	<p><b>Haircutz</b> 9:00-11:30 </p> <p><b>Multi-faith Group</b> 11:00 </p> <p><b>ROH Outreach</b> 12:00-2:00</p> <p><b>Manicures</b> 1:30-3:00</p>	<p><b>Karaoke &amp; Games</b> 1:00-3:00  </p>
<b>29</b>	<b>30</b>	<b>31</b>		
 <p>Well Closes at 1:30</p> 	<p><b>Housing Help</b> 9:00-12:00</p> <p><b>Haircutz</b> 9:00-11:30</p> <p><b>Yoga</b> 10:00–11:00</p> <p><b>Art and Craft</b>  <b>1:30</b></p>	<p><b>SASC</b> – 10:00-12:00</p> <p><b>Choir</b> 11:00 </p> <p><b>BINGO</b>  <b>1:30 Bingo</b></p>	