

The Well/La Source



We serve: Light Breakfast: 9:30-10:30AM and Lunch: NOON-1:00PM

Mondays: 8:30 am to 1:30 pm

Tuesday to Friday: 8:30 am to 3:15 pm














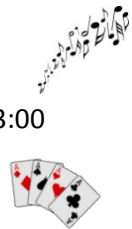








Handy phone numbers:

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
Oct 31	Nov 1	2	3	4
 <p>The Well Closes at 1:30</p> <p>Elizabeth Fry Gateway Prog. 2:00-3:30</p>	<p>Housing Help 9:00-12:00 Haircutz 9:00-11:00 Yoga 10:00-11:00 Chair Massage 10-11:30 The Wrench (Outreach Newspaper) 10:30-11:30</p> <p>1:30 Arts and Crafts </p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p> 1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00-2:00</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 
7	8	9	10	11
 <p>The Well Closes at 1:30</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00-11:00</p> <p>1:30 Arts and Crafts </p>	<p><u>Metis Nation Workshop</u> The 4 Sacred Medicine Teachings 10:00-11:30</p> <p>FLU Shot Clinic 11:00 – 1:00</p> <p>Choir 11:00 </p> <p> 1:30 Bingo</p>	<p>RN Students present: Preventing & Managing Diabetes 10:00-11:00</p> <p>A Memorial Service 11:00</p> <p><u>BIRTHDAY Tea Day</u>  Manicures 1:30-3:00</p>	<p>Friday: Karaoke Games 1:00-3:00</p> <p>SATURDAY Nov 12th!</p> <p>Pancake Brunch 10:00 – 1:00 Thanks to: Theta Sigma Psi</p>
14	15	16	17	18
 <p>The Well Closes at 1:30</p> <p>Elizabeth Fry Gateway Prog. 2:00-3:30</p>	<p>Housing Help 9:00-12:00</p> <p>Yoga 10:00-11:00</p> <p>OAHAS 10:00-11:30</p> <p>The Wrench 10:30-11:30</p> <p>Chair Massage 10-11:30</p> <p>Learn To Quilt 1:00 – 2:00</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p> 1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00-2:00</p> <p>Elizabeth Fry's Emotional Regulation Group 1:15 – 2:15</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 
21	22	23	24	25
 <p>The well closes at 1:30</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00 -11:00</p> <p>Legal Workshop: About Collection Agencies (with a Bingo activity) 1:00 PM -2:00 PM</p> <p>1:30 Arts and Crafts </p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p> 1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Mental Health discussion: Keeping us well at The Well 11:00 – 11:45</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 
28	29	30	Dec 1st!	2
 <p>The well closes at 1:30</p> <p>Elizabeth Fry Gateway Prog. 2:00-3:30</p>	<p>Housing Help 9:00-12:00</p> <p>Haircutz 9:00-11:30</p> <p>Yoga 10:00 -11:00</p> <p>Chair Massage 10-11:30</p> <p>The Wrench 10:30-11:30</p> <p>1:30 Arts and Crafts</p>	<p>SASC – 10:00-12:00</p> <p>Choir 11:00 </p> <p> 1:30 Bingo</p>	<p>Haircutz 9:00-11:30</p> <p>Multi-faith Group 11:00 ✚ ✚ ✚ ✚</p> <p>ROH Outreach 12:00-2:00</p> <p>Manicures 1:30-3:00</p>	<p>Karaoke & Games 1:00-3:00</p> 