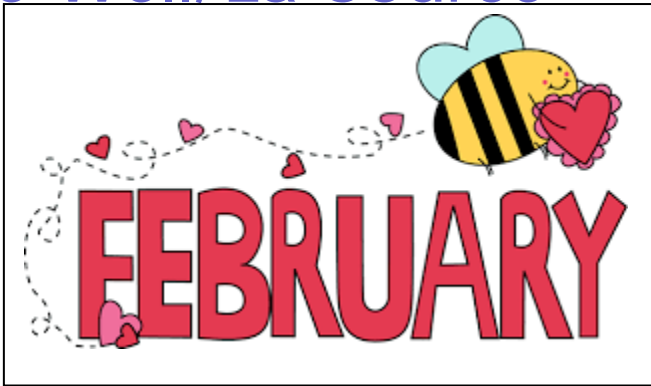


The Well/La Source



Mondays: 8:30 am to 1:00 pm

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

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

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
30	31	1	2	3
The Well Closes at 1:00	Housing Help 9:00-12:00 Haircutz 9:00-11:00 Yoga 10:00-11:00 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Choir 11:00 1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group 11:00 ♣ ✚ ☆ ☺ Manicures 1:30-3:00	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Karaoke & Games 1:00-3:00
6	7	8	9	10
The Well Closes at 1:00	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 Workshop: Living with Anxiety 10:00-11:45 The Wrench (Outreach Newspaper) 10:30-11:30 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Choir 11:00 1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group 11:00 ♣ ✚ ☆ ☺ Elizabeth Fry – Emotional Regulation workshop 1:30 – 2:30 Birthday Tea – 1:30 Manicures 1:30-3:00	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Karaoke & Games 1:00-3:00
13	14	15	16	17
The Well Closes at 1:00	Housing Help 9:00-12:00 Yoga 10:00-11:00 Workshop: Living with Anxiety 10:00-11:45 ROH Outreach 11:30-1:00 Legal Clinic – 1:00pm Learn To Quilt 1:00-2:00 1:30 Arts and Crafts	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Healing Garden Workshop: 10:30-11:30 Centretown Community Health Centre (RN) visit 11:00 – 12:00 Choir 11:00 1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group Bahai Faith Discussion 11:00 ♣ ✚ ☆ ☺ Manicures 1:30-3:00	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Karaoke & Games 1:00-3:00
20	21	22	23	24
Family Day Holiday Well is Closed	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 Workshop: Living with Anxiety 10:00-11:45 The Wrench (Outreach Newspaper) 10:30-11:30 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Metis Nation Workshop: Sweet Dreams 10:00-11:30 Choir 11:00 1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group 11:00 ♣ ✚ ☆ ☺ Manicures 1:30-3:00	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Karaoke & Games 1:00-3:00
27	28	1 - March	2	3
The Well Closes at 1:00	Housing Help 9:00-12:00 Haircutz 9:00-11:30 Yoga 10:00-11:00 Workshop: Living with Anxiety 10:00-11:45 ROH Outreach 11:30-1:00 Learn To Quilt 1:00-2:00 1:30 Arts and Crafts	Zumba Workout 9:00-9:30 SASC – 10:00-12:00 Yoga 10:00-11:00 Choir 11:00 1:30 Bingo	Zumba Workout 9:00-9:30 Haircutz 9:00-11:30 Multi-faith Group 11:00 ♣ ✚ ☆ ☺ Manicures 1:30-3:00	Zumba Workout 9:00-9:30 Yoga 10:00-11:00 Karaoke & Games 1:00-3:00