







# 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   |
|-------------------------|--|--|---|--|
|                         |  | <b>1</b>   | <b>2</b>  | <b>3</b>   |
| The Well Closes at 1:00 | Housing Help 9:00-12:00<br>Haircutz 9:00-11:00<br>Yoga 10:00-11:00<br>ROH Outreach 11:30-1:00<br>Learn To Quilt 1:00-2:00<br>1:30 Arts and Crafts  | Zumba Workout 9:00-9:30<br>SASC - 10:00-12:00<br>Yoga 10:00-11:00<br>Choir 11:00<br>Ash Wednesday 12-1:00 @ St John's<br>1:30 Bingo  | Zumba Workout 9:00-9:30<br>Haircutz 9:00-11:30<br>Multi-faith Group 11:00<br>✠ ✨ ✨ ☺ Ash Thursday<br>Manicures 1:30-3:00  | Zumba Workout 9:00-9:30<br>Yoga 10:00-11:00<br>Karaoke & Games 1:00-3:00   |
| <b>6</b>                | <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>  |
| The Well Closes at 1:00 | Housing Help 9:00-12:00<br>Haircutz 9:00-11:30<br>Yoga 10:00-11:00<br>Workshop: Living with Anxiety 10:00-11:45<br>The Wrench (Outreach Newspaper) 10:30-11:30<br>Multi-faith Group 11:00<br>ROH Outreach 11:30-1:00<br>Learn To Quilt 1:00-2:00<br>1:30 Arts and Crafts | <p><b>The Well closes early at 10:30 am</b></p> <p><b>as we are all going to International Women's Day</b></p> <p><b>Join Us At St Joe's !!!</b></p>   | Zumba Workout 9:00-9:30<br>Haircutz 9:00-11:30<br>Elizabeth Fry - Emotional Regulation workshop 1:30 - 2:30<br>Manicures 1:30-3:00  | Zumba Workout 9:00-9:30<br>Yoga 10:00-11:00<br>Karaoke & Games 1:00-3:00   |
| <b>13</b>               | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>  |
| The Well Closes at 1:00 | Housing Help 9:00-12:00<br>Yoga 10:00-11:00<br>ROH Outreach 11:30-1:00<br>Legal Clinic - 1:00pm<br>Learn To Quilt 1:00-2:00<br>1:30 Arts and Crafts<br>                               | Zumba Workout 9:00-9:30<br>SASC - 10:00-12:00<br>Yoga 10:00-11:00<br>Acorn presents Campaign for Landlord Licensing Laws 10:00 - 11:00<br>Healing Garden Workshop: 10:30-11:30<br>Centretown Community Health Centre (RN) visit 11:00 - 12:00<br>Choir 11:00<br>1:30 Bingo | Zumba Workout 9:00-9:30<br>Haircutz 9:00-11:30<br>Holy Baptism - Emma's @ St John's 11:00<br><br>Birthday Tea - 1:30<br><br>Manicures 1:30-3:00 | Zumba Workout 9:00-9:30<br>Yoga 10:00-11:00<br>Karaoke & Games 1:00-3:00<br>  |
| <b>20</b>               | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>  |
| The Well Closes at 1:00 | Housing Help 9:00-12:00<br>Haircutz 9:00-11:30<br>Yoga 10:00-11:00<br>The Wrench 10:30-11:30<br>ROH Outreach 11:30-1:00<br>Legal Clinic "Internet Scams" 1:00 - 2:00<br>Learn To Quilt 1:00-2:00<br>1:30 Arts and Crafts   | Zumba Workout 9:00-9:30<br>SASC - 10:00-12:00<br>Yoga 10:00-11:00<br>Metis Nation Workshop: Sweet Dreams 10:00-11:30<br>Choir 11:00<br>1:30 Bingo  | Zumba Workout 9:00-9:30<br>Haircutz 9:00-11:30<br>Multi-faith Group 11:00<br>✠ ✨ ✨ ☺<br>Manicures 1:30-3:00   | Zumba Workout 9:00-9:30<br>Yoga 10:00-11:00<br>Karaoke & Games 1:00-3:00<br><b>★ ★ ★</b><br><b>Saturday March 25<sup>th</sup></b><br><b>★ ★ ★</b><br><b>1:00-12 noon</b><br><b>Pancake Brunch!</b><br><b>★ ★ ★</b><br><b>Thanks to: Theta Sigma Psi!</b><br><b>★ ★ ★</b> |
| <b>27</b>               | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>  |
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