

OCTOBER 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 Treaty Day Art With Christine 4:00 - 7:00	02 Taekwondo With Master Paulo 5:30 - 7:00 	03 DIY Keychains 5:30 - 7:00	St. Francis Day 04 National Day of Action for Missing and Murdered Indigenous Women and Girls DBT Mario Kart Drunk Simulator 5:30 - 7:00	05
06 Mental Illness Awareness Week	07 Cooking With Tracey 4:30-5:30 Spooky Squishmallow Making 5:30 - 7:00 	08 International Lesbian Day Art With Christine 4:00 - 7:00 	09 Taekwondo With Master Paulo 5:30 - 7:00	10 World Mental Health Day Spa Night 5:30 - 7:00 	11 International Day of the Girl Child National Coming Out Day PJ DBT Movie Night 5:30 - 7:00	12 Yom Kippur Dussehra
13	14 CLOSED Thanksgiving	15 International Day of Rural Women Art With Christine 4:00 - 7:00	16 International Pronouns Day Taekwondo With Master Paulo 5:30 - 7:00 	17 Games Night 5:30 - 7:00	18 Persons Day Improv Games 5:30 - 7:00	19
20 Ace Week Invisible Disabilities Week	21 Cooking With Tracey 4:30-5:30 Halloween Crafts 5:30 - 7:00 	22 Art With Christine 4:00 - 7:00	23 Shemini Atzeret Taekwondo With Master Paulo 5:30 - 7:00 	24 Yoga Night 5:30 - 7:00 	25 Simchat Torah Halloween Escape Room 4:00 - 5:00 PJ Spooky Movie Night 5:30 - 7:00	26 Intersex Awareness Day
27 	28 Cooking With Tracey 4:30-5:30 Candy Apple Decorating 5:30 - 7:00 	29 Art With Christine 4:00 - 7:00	30 Taekwondo With Master Paulo 5:30 - 7:00	31 Halloween Halloween Just Dance Party and Costume Contest 5:30 - 7:00 	02	

Supports available for walk-in or appointment:

- Primary care/Nurse Practitioner
- Addiction Support
- Mental Health Clinician

Supports available daily:

- Peer Support 11am-6pm
- Wellness Team Services 11am-6pm
- Skills and Wellbeing 5:30pm-7pm