


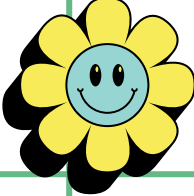







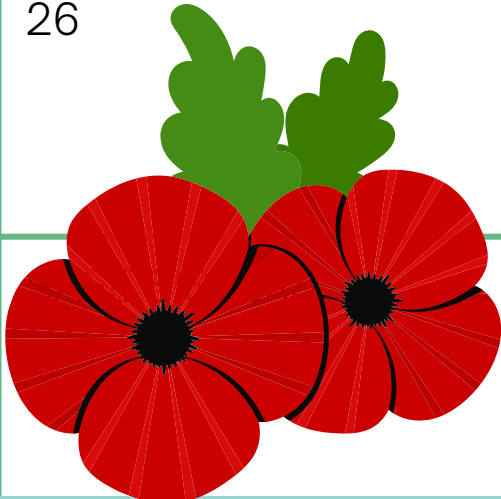


# NOVEMBER 2023 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31 	01 <b>Drop-in Counselling</b> 1:00-3:00pm <b>Safe Sisters</b> 4:00-5:00pm	02	03 <b>Nacho Night</b> 3:30-4:30pm <b>GWWC Buttons &amp; Boundaries</b> 3:30-4:30pm 	04
05	06  <b>CMHA Virtual Trivia</b> 4:00-5:00pm	07 <b>Art With Christine</b> 3:00-6:00pm <b>Games Night</b> 4:00-5:00pm	08 <b>Drop-in Counselling</b> 1:00-3:00pm <b>Safe Sisters</b> 4:00-5:00pm 	09	10  <b>Paint and Sip</b> 4:00-5:00pm	11
12	13 <b>Spa Day</b> 4:00-5:30pm 	14 <b>Art With Christine</b> 3:00-6:00pm <b>The Grove Hubs Trivia</b> 4:00-5:00pm 	15 <b>Drop-in Counselling</b> 1:00-3:00pm <b>Safe Sisters</b> 4:00-5:00pm	16	17 <b>Indoor S'mores</b> 4:00-5:30pm 	18
19	20  <b>CMHA Virtual Trivia</b> 4:00-5:00pm	21 <b>Art With Christine</b> 3:00-6:00pm <b>Chillax &amp; Snax</b> 4:00-5:00pm	22 <b>Drop-in Counselling</b> 1:00-3:00pm <b>Safe Sisters</b> 4:00-5:00pm 	23	24  <b>Candle Painting</b> 4:30-5:30pm	25
26 	27 <b>Themed Movie Night</b> 4:00-6:00pm	28 <b>Art With Christine</b> 3:00-6:00pm	29 <b>Drop-in Counselling</b> 1:00-3:00pm <b>Safe Sisters</b> 4:00-5:00pm	30	01	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