

SEPTEMBER 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02 Design Your Own Notebook 4-5pm 	03 Paint Night 4-5pm 	04 Slime Making 4-5pm 	05 Shrinky Dink Key Chains 4-5pm 	06 
07 	08 Colour and Cookies 4-5pm 	09 Goal Setting Activity 4-5pm 	10 Self Love Club 4-5pm 	11 Out n About 4-5pm 	12 Movie + Popcorn 3-5pm 	13
14	15 Homemade Energy Bites 4-5pm	16 How to Build a Routine 4-5pm	17 Games Night 4-5pm 	18 Water Colour Art 4-5pm 	19 Ice Cream Sundaes 4-5pm	20 
21	22 Bracelet Making 4-5pm 	23 YAC Meeting 4-5pm 	24 Colour + Chill 4-5pm	25 Out n About 4-5pm 	26 Movie + Popcorn 3-5pm 	27
28	29 Mug Cake Making 4-5pm	30 National Day for Truth and Reconciliation	01	02	03	04

Supports available for walk-in or appointment:

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

Supports available daily:

- Peer Support 2pm-6pm
- Wellness Team Services 11am-1pm & 2pm-6pm