



## JULY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 Closed	02  Beaded Key Chains 3-4pm	03  Cotton Candy Cookies  3-4pm	04 Spill the Tea 1-2pm	05
06	Out n' About 4-5pm	2 <sup>nd</sup> Chance 08 Employment 4-5pm Art with Christine 3-5pm	09 CO Mood Walk 2-3pm	10 Sea Shell Painting 3-4pm	Cake and Consent 1-2pm	12
13	14 Air Dry Clay Mosaics 3-4pm	15 World Youth Skills Day Kahoot 3-4pm Art with Christine 3-5pm	16 Mood Walk 2-3pm	17 Ice Cream Sundae Bar 3-4pm	18 Sensory Jars 1-2pm	19
20	Out n' About 4-5pm	YAC 4-5pm  Art with Christine 3-5pm	23  Mood Walk 2-3pm	24 Spa Day 2:30-4pm	25  How to Build a  Routine 1-2pm	26
27	28 Slime Making 3-4pm	Flex Your Emotions 29 2:30-4:30pm Art with Christine 3-5pm	30 Friendship Bracelets 3-4pm Mood Walk 2-3pm	Pizza Grilled Cheese 3-4pm	O1 Snack Attack 1-2pm	02
Supports available for walk-in or appointment:  • Primary care/Nurse Practitioner					<ul><li>Supports available daily:</li><li>Peer Support 1pm-5pm</li></ul>	

Addiction Support

• Mental Health Clinician

**FERGUS** 

**DROP-IN HOURS: MONDAY - FRIDAY 1PM-5PM** 

• Wellness Team Services 10am-5pm