

# OCTOBER 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 <b>Paint Night</b> 4-5pm 	02 <b>Air Dry Clay</b> 4-5pm 	03 <b>Shrinky Dinks</b> 4-5pm 	04
05	06 <b>Cinnamon Buns</b> 4-5pm 	07 <b>Origami</b> 4-5pm 	08 <b>Self Love Club</b> 4-5pm 	09 <b>Out n About</b> 4-5pm 	10 <b>World Mental Health Day</b> 	11
12	13 <b>Closed</b>	14 <b>Gratitude Journals</b> 4-5pm 	15 <b>Identity Collage</b> 4-5pm 	16 <b>Mini Pizzas</b> 4-5pm 	17 <b>Movie Night</b> 3-5pm 	18
19	20 <b>Mindfulness Monday</b> 4-5pm 	21 <b>YAC Meeting</b> 4-5pm 	22 <b>Game Night</b> 4-5pm 	23 <b>Out n About</b> 4-5pm	24 <b>Closed</b>	25 <b>We're Open!</b> 11-4 
26	27 <b>Pumpkin Mug Cakes</b> 4-5pm 	28 <b>Slime Making</b> 4-5pm 	29 <b>Cookies + Colour</b> 4-5pm	30 <b>Pumpkin Painting</b> 4-5pm	31 <b>Halloween Party</b> 3-5:30pm	
			<b>Supports available for walk-in or appointment:</b> <ul style="list-style-type: none"> <li>• Primary care/Nurse Practitioner</li> <li>• Addiction Support</li> <li>• Mental Health Clinician</li> </ul>			<b>Supports available daily:</b> <ul style="list-style-type: none"> <li>• Peer Support 2pm-6pm</li> <li>• Wellness Team Services 11am-1pm &amp; 2pm-6pm</li> </ul>