

MARCH 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	01
02	03	04 Mardi Gras Cupcakes 4-5pm 	05 Yoga & Meditation 4-5pm 	06 PJs & Movie Night 5-6:30pm Therapy Dog 5:15-6:15pm 	07 Mindfulness Colouring Session 4-5pm 	08
09	10 March Break Begins! Tutoring 4:30-6pm Out N' About 4-5pm 	11 Taco Tuesday! 4:30-5:30pm 	12 Candy Sushi Making 2-3pm 	13 Guelph Public Library Shrinky Dinks 4-5pm 	14 March Break Ends! Ping Pong Tournament 3-4pm 	15
16	17 St. Patrick's Day Scavenger Hunt 4-5pm 	18 Flex your Emotions and Slime Making 4-6pm 	19 Float Making 3-4pm 	20 Positivity Jars for International Day of Happiness 4-5pm Therapy Dog 5:15-6:15pm 	21 Pictionary Night 4-5pm 	22
23 	24 Tutoring 4:30-6pm Out N' About 4-5pm	25 Cookie Decorating 5:30-6:30pm 	26 Women's History Month Kahoot 5:30-6pm YAC 4-5pm	27 DND Story Creation 4-5pm 	28 Animal Trivia 4-5pm 	29

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-7pm