







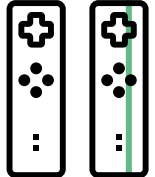



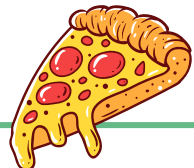
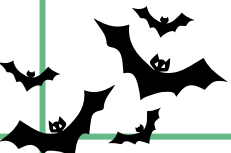






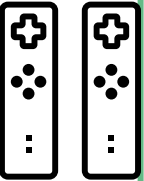

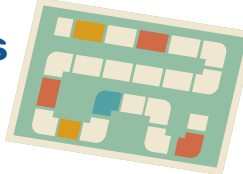



OCTOBER 2025 PROGRAMMING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	6 Shrinky Dinks 4-5pm 	7 Social Savvy: Friendship Fuel 5-6pm	8  Out² Ages 16-25 4:30-6pm Karaoke Night with Cass 5-6pm 	9 Flex your emotions Halloween Slime and Colouring 4:30-6:30pm Therapy Dog 5:15-6:15pm 	10 Second Chance Employer Expectations Workshop 2pm Positivity/Affirmation Wall 5-6pm 	
	13 CLOSED	14 Frankentoys with Guelph Public Library 4-5pm Social Savvy: Level Up 5-6pm 	15 Out² Ages 12-15 4:30-6pm Bracelet Making 4-5pm 	16 Therapy Dog 5:15-6:15pm 	17 Wii Tournament 5-6pm 	
	20 Tutoring Group 4:30-6pm 	21 Make your Own Quesadillas 4-5pm 	22 Out² Ages 16-25 4:30-6pm Mindfulness Meditation with Cass 5-6pm	23 DND (5e 2024) Session 4-5pm. 	24 Make your Own Pizza 4-5pm 	
	27  Halloween Movie Night 5-6pm	28  YAC 4-5pm	29  Out² Ages 12-15 4:30-6pm Mindfulness Meditation with Cass 5-6pm 	30 Older Youth Night: Halloween Themed 5-7pm 	31  Costume Contest 5-7pm	
	3 Chat and Colour 4-6pm 	4 Wii Tournament 5-6pm 	5  Out² Ages 16-25 4:30-6pm Karaoke Night with Cass 5-6pm	6 Board Games 5-6pm 	7  Movie Night 5-6pm	

Supports available for walk-in or appointment:

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

Supports available daily:

- Peer Support 10am-5pm
- Wellness Team Services 10am-5pm