

# JULY 2025 PROGRAMMING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
		1 <b>CLOSED</b>	2 Music Therapy Group 1:30-2:30pm Out <sup>2</sup> Ages 16-25 4:30-6pm	3 Paint Night 2-3pm	4 Freezie Friday 2-3pm	
	7 Shrinky Dinks 2-3pm	8 Scroll Smart, Dance Hard 1:30-2:30pm Button Making w Guelph Public Library 3-4pm	9 Therapy Dog- 4-5pm Out <sup>2</sup> - Ages 12-15- 4:30-6pm Music Therapy Group 1:30-2:30pm Mood Walk 2-3pm	10 Mood Walk 2-3pm Basketball Skills with Ben 3-4pm	11 Pressed Flower Luminaries 2-3:30pm	
14 Cookies & Convo's: Real Talk on STI's 2-3pm Guelph Symphony Teaching 3-4pm	15 Paint Your Feels 1:30-2:30pm World Youth Skills Day 3-4pm Flex Your Emotions: Summer Bucket List- 2:30-4:30pm	16 Music Therapy Group 1:30-2:30pm Out <sup>2</sup> - Ages 16-25: 4:30-6pm Mood Walk 2-3pm DND Drop-In Group: Character Creation 5-7pm	17 Cake and Community: GWWIC Presentation 1-2pm Mood Walk 2-3pm Video Game's with Ben 3-4pm	18 Succulent Sand Art Dish Gardens 2-3:30pm		
21 Tutoring Program 3:30-5pm	22 Say What?! Battle of Opinions 1:30-2:30pm	23 Music Therapy Group 1:30-2:30pm Out <sup>2</sup> Ages 12-15 4:30-6pm Mood Walk 2-3pm	24 Mood Walk 2-3pm Self-Care Spa Day 3-4pm DND Drop-In Group: Adventure Begins 5-7pm	25 Flower 'Pounding' Prints 2-3:30pm		
28 Henna 3-4pm	29 Design your Mind 1:30-2:30 YAC 4-5pm	30 Music Therapy Group 1:30-2:30pm Out <sup>2</sup> - Ages 16-25 4:30-6pm Mood Walk 2-3pm	31 Older Youth Night Ages 18-25 5-7pm Mood Walk 2-3pm	1	2	

**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