

AUGUST 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Freezie Friday 3-4pm Snack Attack 1-2pm 	
3	4 CLOSED	5 Party Without the Pressure 1:30-2:30pm Guelph Symphony Performance 4-5pm	6 Out² Ages 12-15 4:30-6pm Music Therapy Group 1:30-2:30pm 	7 Mood Walk 2-3pm Basketball with Ben! 3-4pm DND Drop-In Group: Adventure Continues 5-7pm	8 Sundae Bar 3-4pm Nourish to Flourish 1-2pm 	9
10	11 Tutoring Program 3:30-5pm 	12 Love it or Leave it 1:30-2:30pm Homemade Jibbitz with Guelph Public Library 3-4pm 	13 Out² - Ages 16-25 4:30-6pm 	14 Mood Walk 2-3pm Video Game 's with Ben! 3-4pm 	15 Freezie Friday 3-4pm Self Love Club 1-2pm 	16
17	18 Tutoring Program 3:30-5pm 	19 Snacks on a Dime 1:30-2:30pm Flex your Emotions: Bracelet Making 2:30-4:30PM	20 Out² Ages 12-15 4:30-6pm 	21 Older Youth Night Ages 18-25 5-7pm Mood Walk 2-3pm	22 Mindful Movement 1-2pm Sundae Bar 3-4pm 	23
24	25 Cookies & Connections: Build Better Relationships while Decorating Cookies 2-3pm 	26 Real Talk, Real You 1:30-2:30pm YAC 4-5pm	27 Out² - Ages 16-25 4:30-6pm 	28 Mood Walk 2-3pm Substance Use Presentation 3-4pm 	29 Freezie Friday 3-4pm 	30

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