

NOVEMBER 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31 National Domestic Violence Awareness Month	01 All Saints' Day Day of the Dead Birth of the Bab	02 All Souls Day Birth of Bahá'u'lláh
03 Treaties Recognition Week	04 Out and About Meeting 4:00-5:00pm	05 Veterans' Week Rocky Road Cookie Cups 4:00-5:00pm	06	07 Mario Kart Tournament 4:00-5:00pm	08	09
10	11 Remembrance Day	12 Art Worry Beads 4:00-5:00pm	13 National Bereavement Day Programming 4:00-5:00	14 World Diabetes Day	15 Guru Nanak Gurburab Scratch Art 4:00-5:00pm	16 International Day of Tolerance
17 National Addictions Awareness Week	18 Canada History Week Out and About Meeting 4:00-5:00pm	19 International Men's Day Chillax with Snacks 4:00-5:00pm	20 Transgender Day of Remembrance	21	22 Lha Bab Düchen National Housing Day Shrinky Dinks 4:00-5:00pm	23 Holodomor Memorial Day
24	25 International Day for the Elimination of Violence Against Women	26 16 Days of Activism against Gender-Based Mental Illness Awareness Week Press-On T-Shirt Patches 4:00-5:00pm	27 Chillax with Snacks 4:00-5:00pm	28	29 Winter Mocktails 4:00-5:00pm	30

Supports available for walk-in or appointment:

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

Supports available daily:

- Peer Support 11am-6pm
- Wellness Team Services 11am-6pm