



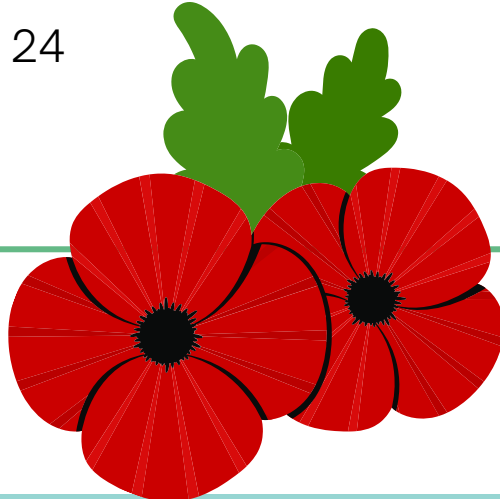



NOVEMBER 2024 PROGRAMMING

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 PJ Movie Night 5:30-7:00	02 All Souls Day Birth of Bahá'u'lláh
03 Treaties Recognition Week	04 Cooking with Tracey 4:00-5:00 Bath Bomb Making (O+A) 3:30 - 5:30 Mug Cakes 5:30-7:00	05 Veterans' Week Art With Christine (Canvas Painting) 5:30 - 7:00	06  Taekwondo with Master Paulo 5:30 - 7:00	07 Games Night 5:30 - 7:00	08 Indigenous Veterans' Day Basketball 5:30 - 7:00 	09
10	11 Remembrance Day Cooking with Tracey 4:00-5:00 Remembrance Day Colouring 5:30 - 7:00	12 Art With Christine (Mural Painting)  5:30 - 7:00 National Bereavement Day Programming 5:30 - 7:00	13 Basketball 5:30 - 7:00	14 World Diabetes Day Neon Decor Making 5:30-7:00	15 Guru Nanak Gurburab Super Smash Bros 5:30-7:00	16 International Day of Tolerance
17 National Addictions Awareness Week	18 Canada History Week Cooking with Tracey 4:00-5:00 Neon Decor Making (O+A) 4:00 - 5:00 Neon Decor Making 5:30-7:00	19 International Men's Day Art With Christine (Mural Painting) 5:30 - 7:00	20 Transgender Day of Remembrance Taekwondo with Master Paulo 5:30 - 7:00	21 Mario Cart Tournament 5:30-7:00 	22 Lha Bab Düchen National Housing Day Guided Meditation 5:30 - 7:00	23 Holodomor Memorial Day
24 	25 International Day for the Elimination of Violence Against Women Cooking with Tracey 4:00 - 5:00 Art and Snacks 5:30 - 7:00	26 16 Days of Activism against Gender-Based Mental Illness Awareness Week Violence Art With Christine (DIY Stressballs) 5:30 - 7:00	27 Spa Night 5:30-7:00	28 Basketball 5:30 - 7:00	29 DBT PJ Movie Night 5:30 - 7:00 	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
- Skills and Wellbeing 5:30pm-7pm