

# AUGUST 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 <b>Emancipation Day</b> Musical Therapy Group 11:30-12:15pm Book Club 1:00-3:00pm	02 <b>Pancake Day</b> 2:00-3:00pm	03
04	05 <b>Closed</b>	06 <b>2SLGBTQIA+Movie Night</b> 3:00-4:00pm Therapy Dog (Sully) 4:00-5:00pm	07 <b>Mindful Yoga</b> 3:00-4:00pm	08 <b>Muffin Making</b> 1:00-2:00pm	09 <b>International Day of the Worlds Indigenous Peoples Grill &amp; Chill</b> 2:00-3:00pm	10
11	12 <b>Drop-in 3:00pm-5:00pm</b> <b>International Youth Day</b> Snack Attack 3:00-4:00pm	13 <b>Tish'a B'av Nourish Your Body</b> 2:00-3:00pm	14 <b>Love Yourself/Body Positivity/Affirmations</b> 2:00-3:00pm YAC Meeting 4:00-5:00pm	15 <b>Mindful Movement</b> 2:00-3:00pm Button Making 3:00-4:00pm	16 <b>Social Media &amp; Cyber Safety</b> 2:00-3:00pm	17
18 <b>Public Service Pride Week</b>	19 <b>Raksha Bandhan</b> Float Making 3:00-4:00pm	20 <b>Taco Tuesday</b> 3:00-4:00pm Therapy Dog (Sully) 4:00-5:00pm	21 <b>Shrinky Dinks</b> 1:00-2:00pm	22 <b>Musical Therapy Group</b> 11:30-12:15pm Henna 2:00-3:00pm	23 <b>International Day for the Remembrance of the Slave Trade and its Abolition</b> Cookie Decorating 3:00-4:00pm	24
25	26 <b>Krishna Janmashtami</b> Chat & Color 12:00-1:00pm	27 <b>Iron Bead Creations</b> 12:00-1:00pm	28 <b>DBT MarioKart</b> 2:00-3:00pm	29 <b>Musical Therapy Group</b> 11:30-12:15pm Dorito Bag Tacos 2:00-3:00pm	30 <b>Financial Literacy</b> 3:00-4:00pm	31 <b>Paryushan- Paravarambha Drug Poisoning Awareness Day</b>
			<b>Supports available for walk-in or appointment:</b> <ul style="list-style-type: none"> <li>Primary care/Nurse Practitioner</li> <li>Addiction Support</li> <li>Mental Health Clinician</li> </ul>			<b>Supports available daily:</b> <ul style="list-style-type: none"> <li>Peer Support</li> <li>Wellness Team Services</li> </ul>