

# OCTOBER 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 	01  <b>Treaty Day</b> <b>Therapy Dog</b> <b>DIY Ice Cream</b> 4:00-6:00pm	02 <b>Drop-In</b> <b>Closed</b>	03 <b>Henna</b> 4:00-5:00pm 	04 <b>St. Francis Day</b> <small>National Day of Action for Missing and Murdered Indigenous Women and Girls</small> <b>Pancake Day!</b> 4:00-6:00pm 	05
06 <b>Mental Illness Awareness Week</b> 	07 <b>Bucket Drum Circle</b> 4:00-5:00pm <b>Therapy Dog</b> 5:00-6:00pm	08 <b>International Lesbian Day</b> <b>Sticker Making</b> 4:00-5:00pm 	09 <b>Wellness Yoga</b> 4:00-5:00pm <b>Book Club</b> 5:00-6:00pm 	10 <b>World Mental Health Day</b> <b>Karaoke Night</b> 4:00-5:00pm 	11 <b>International Day of the Girl Child</b> <b>National Coming Out Day</b> <b>Candle Painting</b> 5:00-6:00pm 	12 <b>Yom Kippur</b> <b>Dussehra</b>
13	14 <b>CLOSED</b> <b>Thanksgiving</b>	15 <b>International Day of Rural Women</b> <b>Therapy Dog</b> <b>Apple Nachos</b> 5:00-6:00pm 	16 <b>International Pronouns Day</b> <b>Ping-Pong Tournament</b> 4:00-5:00pm <b>Worms in Dirt</b> 6:00-7:00pm 	17 <b>Fall Minute to Win it!</b> 4:00-6:00pm 	18 <b>Persons Day</b> <b>PJ and Movie Night</b> 6:00-7:00pm 	19
20 <b>Ace Week</b> <b>Invisible Disabilities Week</b> 	21 <b>Therapy Dog</b> 5:00-6:00pm <b>Halloween Shrinky Dinks</b> 5:00-6:00pm	22 <b>Painting Pumpkins</b> 4:00-6:00pm 	23 <b>Shemini Atzeret</b> <b>Lantern Making</b> 4:00-5:30pm <b>DBT Programming</b>	24 <b>Wellness Yoga</b> 4:00-5:00pm 	25 <b>Simchat Torah</b> <b>Making S'mores</b> 6:00-7:00pm 	26 <b>Intersex Awareness Day</b>
27 	28 <b>Halloween Themed Cookie Decorating</b> 4:00-5:00pm 	29 <b>Halloween Zumba</b> 5:00-6:00pm <b>Therapy Dog</b> 	30 <b>YAC Spooky Movie Night</b> 5:30-7:00pm <b>Halloween Themed Chat and Colour</b> 5:00-6:00pm 	31 <b>Halloween Costume Contest</b> 5:00-7:00pm 	01	02

**Supports available for walk-in or appointment:**

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

**Supports available daily:**

- Peer Support
- Wellness Team Services