

FEBRUARY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02 	03 Black History Month Themed Colour and Chill 11:30-12:30pm/ 4:00-6:00pm	04	05 Hot Chocolate 11:30-12:30pm/ 2:30-5:00pm 	06 Therapy Dog Lola 3:30-4:30pm 	07 Games Day 2:30-5:00pm 	08
09	10 Out and About 4-5pm Nail Painting 2:30-5:30pm 	11 Fye Program Relationship Card Making + Cookie Eating 4:00-6:00pm	12 Lantern Making 2:30-5:00pm	13 Therapy Dog Nyx 5:15-6:15pm 	14 Affirmation Boards 2:30-5pm	15
16 	17 CLOSED		19 Games Day 2:30-5:00pm 	20 Therapy Dog Lola 3:30-4:30pm D&D Character Creation 4:00-5:00pm	21 YAC Meeting 4:30-5:30pm	22
23	24 Out and About 4-5pm Karaoke Night 2:30-6:00pm 	25	26 Kindness Chain Making 3:00-5:00pm	27 Therapy Dog Nyx 5:15-6:15pm 	28 Lunar New Year Fan 11:30-12:30pm/ 3:00-5:00pm	01
02	03	04	05	06	07	08

Supports available for walk-in or appointment:

- Addiction Support
- Mental Health Services

Supports available daily:

- Peer Support 2pm-1pm
- Wellness Team Services 11am-1pm & 2pm-7pm