

MARCH 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	01
02	03	04 Art with Christine 3-6pm (Mardi Gras Cupcakes)	05 Guitar 3-4:30pm YAC 4-5pm	06 Group Drop-In Tutoring 4-6pm	07 Mindfull Bingo 4-5pm	08
09	10 HER Circle Group (Healthy Empowered Relationships) 9:30-12pm Out n About 4-5pm Flex Your Emotions 3-6pm	11 HER Circle Group (Healthy Empowered Relationships) 9:30-12pm 2nd Chance Employment 1-3pm Art with Christine 3-6pm	12 HER Circle Group (Healthy Empowered Relationships) 9:30-12pm Stretch and Movement 3-4:30pm	13 HER Circle Group (Healthy Empowered Relationships) 9:30-12pm Group Drop-In Tutoring 4:00-6:00	14 HER Circle Group (Healthy Empowered Relationships) 9:30-12pm Knitflix 4-5pm	15
16	17 Shamrock Shake 3-4pm	18 Art with Christine 3-6pm	19 Guitar 3-4:30pm	20 Group Drop-In Tutoring 4:00-6:00 Positivity Jars 3-4pm	21	22
	24 Out n About 4-5pm Substance Use Kahoot 3-4pm	25 Art with Christine 3-6pm	26 Stretch and Movement 3-4:30pm Women's History Month Trivia 4-5pm	27 Group Drop-In Tutoring 4-6pm	28 Knitflix 4-5pm	29

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



FERGUS

DROP-IN HOURS: MONDAY - FRIDAY 11AM-6PM (CLOSED 1-2PM EVERYDAY)