

APRIL 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01 Wellness Trivia 4-5pm 	02 Colour & Chill 4-5pm 	03 	04  Mini Egg Cookie Baking 4-5pm	05
06	07 Chocolate Zucchini Bread Baking 4-5PM 	08 Shrinky Dinks 4-5pm 	09	10 Out n About 4-5pm 	11 DIY Clay Magnets 4-5pm 	12
13	14  Sticker Journaling 4-5pm	15 Lotus Flower Lantern Makings 4-5pm 	16 Mini Pizza Making 4-5PM 	17	18 CLOSED	19
20	21 Egg Hunt 4-5pm 	22 Earth Day Seed Bombs 4-5pm 	23	24 Out n About 4-5pm 	25  Nail Painting 4-5pm	26 
27 	28 Mini Cheesecake Making 4-5pm 	29	30 Movie Night 4-5:30pm 	01	02	03

Supports available for walk-in or appointment:

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

Supports available daily:

- Peer Support 2pm-6pm
- Wellness Team Services 11am-1pm & 2pm-6pm