



MARCH 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03	0ut And About 12-12:30pm Mardi Gras Cupcakes 4-5pm	05 Tutoring 3-5pm Guided Paint 4-5pm	06 Tutoring 3-5pm	07	08
09	10	11 Out And About 12-12:30pm Shrinky Dinks 3:30-5pm	12 Tutoring 3-5pm Picture Frame Decorating 4-5pm	13 Tutoring 3-5pm	14	15
16	17 St. Patrick's Day Mocktails 4-5pm	18 Out And About 12-12:30pm	19 Tutoring 3-5pm	20 Tutoring 3-5pm Positivity Jars 4-5pm	21	22
23	24	Out And About 12-12:30pm Spill The Tea 4-5pm	26 Tutoring 3-5pm Women's History Month Trivia 12-12:30pm	27 Tutoring 3-5pm	28	29
30	31	01	02	03	04	05

Supports available for walk-in or appointment:

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

Supports available daily:

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

Tutoring available:

- No Appointment needed
- Wed/Thurs 3pm- 5 pm

PALMERSTON

DROP-IN HOURS: 11AM-6:00PM (CLOSED 1:00-2:00)