

# JANUARY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01 <b>CLOSED</b>	02 <b>Drop-in: 11am-5pm</b> Pool Party 2:00-3:00pm	03 <b>Drop-in: 11am-5pm</b> PJ & Pancake Day 2:00-4:00pm	04
05	06	07 New Years Resolutions 4:00-5:00pm	08 DBT: Coping Strategies Charades 3:00-4:00pm Build Your Own Pizza 4:30-5:30pm	09 DBT: Labeling Feelings Colouring 3:00-4:00pm Therapy Dog 5:15-6:15pm	10	11
12	13 Out n About 4:00-5:00pm	14 DIY Stress Balls 4:00-5:00pm	15 Mug Muffins 4:30-5:30pm	16 Ultimate UNO Night 4:00-5:00pm	17	18
19	20	21 Trivia Night 4:00-5:00pm Flex Your Emotions: Vision Boards 4:30-6:30pm	22 Shrinky Dinks 4:00-5:00pm	23 Mystery Message Hunt 4:00-5:00pm Therapy Dog 5:15-6:15pm	24	25
26	27 Out n About 4:00-5:00pm	28 Basketball Tournament 3:30-5:30pm	29 Campfire Stories Night 4:00-5:00pm	30 Read & Chat 4:00-5:00pm	31	01

**Supports available for appointments:**

- Addiction Support
- Mental Health Clinician

**Supports available daily:**

- Peer Support
- Wellness Team Services
- Primary Care

