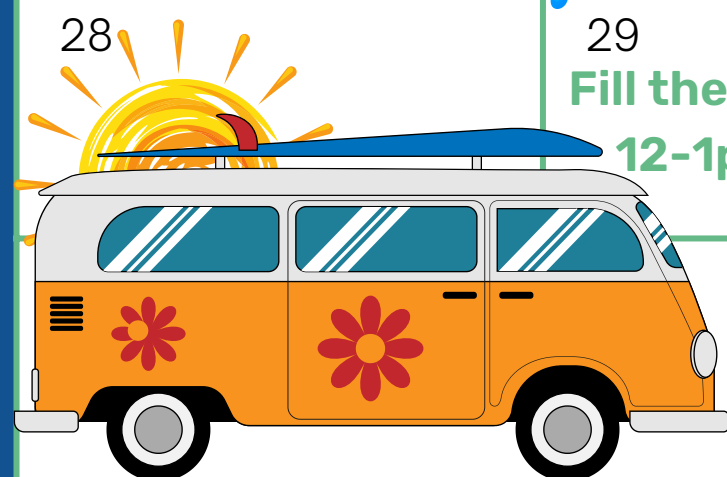


# JULY 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Disability Pride Month	01 <b>Canada Day (Hub Closed)</b>	02	03	04 <b>Spill The Tea 1-2pm</b>	05 <b>Summer Rolls 12-1pm &amp; 3-4pm</b>	06 <b>Hijri New Year (Islam)</b>
07	08 <b>Dorito Bag Taco Bowls 12-1pm &amp; 3-4pm</b>	09	10	11 <b>Cake &amp; Consent 1-2pm</b>	12 <b>DIY Stressballs 12-1pm &amp; 3-4pm</b>	13
14 <b>International Non-Binary Day</b>	15 <b>Tie Dye 12-1pm &amp; 3-4pm</b>	16	17	18 <b>Nelson Mandela Day Sensory Jar 1-2pm</b>	19 <b>Movie Day 12-5pm</b>	20
21 <b>Asalha Puja (Dharma Day)</b>	22 <b>Slime Making 12-1pm &amp; 3-4pm</b>	23	24 <b>International Self-care Day</b>	25 <b>How to Build a Resume 1-2pm</b>	26 <b>Beaded Phone Straps / Keychains 12-1pm &amp; 3-4pm</b>	27
28	29 <b>Fill the Bucket Game 12-1pm &amp; 3-4pm</b>	30	31 <b>International Day of Friendship</b>	01	02	03



**Supports available for walk-in or appointment:**

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

**Supports available daily:**

- Peer Support 11am-5pm
- Wellness Team Services 11am-5pm