

JULY 2024 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Disability Pride Month	01 Canada Day! (Closed)	02 PJ Movie Night 3:00-4:00pm 	03 Bracelet Making 3:00-4:00pm	04 Strawberry Dip'n Day  2:00-3:00pm	05 Book Club! 1:00-2:00pm 	06 Hijri New Year (Islam)
07 	08 Chat and Colour 2:00-3:00pm 	09 Beaded Phone Straps/Keychains 2:00-3:00pm Therapy Dog (Sully) 4:00-5:00pm	10 Wellness Yoga 3:00-4:00pm 	11 Marshmallow Madness 3:00-4:00pm	12  Omllette Making Day! 12:00-1:00pm	13
14 International Non- Binary Day	15 Spill the Tea 2:00-3:00pm 	16 Ashura (Sun Down) Cake & Consent 2:00-3:00pm	17 Sensory Jars 2:00-3:00pm 	18 Nelson Mandela Day How to Build a Routine 2:00-3:00pm 	19 Nighttime Routine/Sleep Hygiene 2:00-3:00pm	20
21 Asalha Puja (Dharma Day)	22 Nail Painting 3:00-4:00pm 	23 2SLGBTQIA+ Movie Night 3:30-4:30pm Therapy Dog (Sully) 4:00-5:00pm 	24 International Self-Care Day MarioKart 1:00-2:00pm 	25 Grilled Cheese Dinner 3:00-4:00pm 	26 Ice Cream Sundaes 3:00-5:00pm 	27
28 	29 Cookie Decorating  2:00-3:00pm	30 International Day of Friendship Friendship Bracelets 3:00-4:00pm	31 Glee Watch Party 2:00-3:00pm	01	02	03

Supports available for walk-in or appointment:

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

Supports available daily:

- Peer Support
- Wellness Team Services

