



SUN	MON	TUE	WED	THU	FRI	SAT
Our walk in Mental Health Clinician is available Mondays from 1pm - 4pm (Ages 12-19) for one-on-one support with mental health, addictions and recovery! Indigenous Wellness Support available Wednesdays from 1pm – 4pm (Ages 12-29) for all things indigenous wellness, or just someone to chat with!					Drop In 1 11am – 6:30pm	2
3	Drop In 4 11am – 6:30pm Mental Health Clinician (12-19) 1pm – 4pm	MMIW & Girls 5 Walk 11am – 4pm Sharing Circle 5pm – 6:30pm	Drop In 6 11am – 6:30pm Indigenous Wellness Support 1pm – 4pm	Drop In 7 11am – 3pm Mini Headdresses 3pm – 6pm	Drop In 8 11am – 4pm Youth Council 4pm – 6:30pm	9
10	Drop In 11 11am – 6:30pm Mental Health Clinician (12-19) 1pm – 4pm	Narcan Training 12 3pm – 5pm Sharing Circle 5pm – 6:30pm	MMIM & Boys 13 Walk 11am – 3pm Indigenous Wellness Support 1pm – 4pm	Moose Hide Campaign 14 11:30am – 2:30pm Rattle Making 3pm – 6pm	Recovery Group 15 1pm – 3pm Drop In Teen Night 3:30 pm – 6:30pm	16
17	Drop In 18 Closed Victoria Day	Resume Workshop 19 3pm – 5pm Sharing Circle 5pm – 6:30pm	Drop In 20 11am – 6:30pm Indigenous Wellness Support 1pm – 4pm	Drop In 21 11am – 3pm Rattle Painting 3pm – 6pm	Drop In 22 11am – 2pm STBBI Workshop 2pm – 4pm	Community Clean Up 23 9am – 11am Horse Back Riding 11am – 5pm
24	Mental Health Clinician 25 1pm – 4pm Appointment Only / Door Service 9am – 5pm	Drop In 26 11am – 5pm Sharing Circle 5pm – 6:30pm	Cedar Baths 27 11am – 3pm Indigenous Wellness Support 1pm – 4pm	Drop In 28 11am – 3pm Wood Burning 3pm – 6pm	Recovery Group 29 1pm – 3pm Drop In Teen Night 3:30 pm – 6:30pm	30
31	Drop in will be closed for certain events we will be participating in within the community. Feel free to reach out via phone (204) 594-6492 or social media for any questions! ** Calendar is subject to change, keep an eye on our social media for the most up to date info! **					