



MON	TUE	WED	THU	FRI
<b>Huddle Lounge</b> 1 3-5:45pm 	<b>Drop-in Counselling</b> 2 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm <b>DBT 2 Go</b> 4-5:30pm	<b>Substance Use Counselling*</b> 1-4pm 3 <b>Lounge-Lite</b> 3-6:30pm <b>D&amp;D (Closed Group)</b> 4-6:30pm	<b>Clinic</b> 9:15am-3:45pm 4 <b>Huddle Lounge</b> 3-5:45pm	<b>Drop-in Counselling</b> 5 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm
<b>Huddle Lounge</b> 8 3-5:45pm <b>Nintendo Switch Day</b> (Mario Kart, Super Smash, Mario Party and more!) 3-5:45pm	<b>Drop-in Counselling</b> 9 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm <b>DBT 2 Go</b> 4-5:30pm	<b>Substance Use Counselling*</b> 1-4pm 10 <b>Drop-in Counselling</b> 2:30-4:30pm <b>Lounge-Lite</b> 3-6:30pm <b>D&amp;D (Closed Group)</b> 4-6:30pm	<b>Clinic</b> 9:15am-3:45pm 11 <b>Huddle Lounge</b> 3-5:45pm	<b>Drop-in Counselling</b> 12 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm <b>Pizza Making!</b> 3-5:45pm
<b>Huddle Lounge-Lite</b> 15 3-5:45pm <b>Sensory Hours</b> AKA "Quiet Time" - perfect for study, reading or relaxing!	<b>Drop-in Counselling</b> 16 2:30-4:30pm <b>Lounge-Lite</b> 3-5:45pm <b>DBT 2 Go</b> 4-5:30pm <b>Youth Advisory</b> 4:30-6:00pm	<b>Substance Use Counselling*</b> 1-4pm 17 <b>Drop-in Counselling</b> 2:30-4:30pm <b>Lounge-Lite</b> 3-6:30pm <b>D&amp;D (Closed Group)</b> 4-6:30pm	<b>Clinic</b> 9:15am-3:45pm 18 <b>3rd Annual Smudge Walk!</b> Meet @ Gilbert Park Resource Centre 1:00-4:00 PM	<b>Drop-in Counselling</b> 19 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm <b>Movie! - Project Hail Mary</b> 3-5:45pm
<b>Huddle Lounge</b> 22 3-5:45pm <b>Nintendo Switch Day</b> (Mario Kart, Super Smash, Mario Party and more!) 3-5:45pm	<b>Drop-in Counselling</b> 23 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm	<b>Substance Use Counselling*</b> 1-4pm 24 <b>Drop-in Counselling</b> 2:30-4:30pm <b>Lounge-Lite</b> 3-6:30pm <b>D&amp;D (SIGN-UPS OPEN)</b> 4-6:30pm	<b>Clinic</b> 9:15am-3:45pm 25 <b>Huddle Lounge</b> 3-5:45pm <b>'Project Choices'</b> - Meet Danae! 3:30-5pm Intro to free program re: alcohol / birth control choices. - Includes Snacks and prizes!	<b>Drop-in Counselling</b> 26 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm <b>Bonfire Bash!</b> 3-5:45pm
<b>Huddle Lounge-Lite</b> 29 3-5:45pm <b>Sensory Hours</b> AKA "Quiet Time" - perfect for study, reading or relaxing!	<b>Drop-in Counselling</b> 30 2:30-4:30pm <b>Huddle Lounge</b> 3-5:45pm	<p><b>*Note:</b> Substance Use Counselling on Wednesdays 1-4pm is offered through appointment only. Please call us or chat with a staff to book!</p> <p><b>**Huddle Lounge-Lite</b> - A quieter time in the Huddle Lounge, offering the same free supports and activities in a lower-sensory environment. Music and TVs stay low, conversations are not too loud and capacity is slightly reduced to keep things calmer. Lounge-Lite is often ran during sensory hours or when other programs are also happening in the same space.</p>		