



SUN	MON	TUES	WED	THURS	FRI	SAT
Mon-Thurs Walk in 12-3 Closed 3-4 Appts and Programming only 4-6	3 Civic Holiday Closed	4 12-3 Walk in counselling Cultural Program : Canoeing 9:30-4 4:30-5:30 Smart Recovery(at Huddle)	5 12-3 Walk in counselling	6 12-3 Walk in counselling 1-3 Sara Riel Housing 4:30-5:45 Queer Connections Social Get Together	7 1:30-2:30 Smart Recovery(at RaY) 10-12 Self Care Social Club Reflection & Junk Journaling 1-3 Do or DIY Shrinky Dink Earrings/keychains for ages 12-15	NEW Contact us to do an intake to meet with our Shared Health Addiction Worker
Fridays Walk In 10am-12pm closed 12pm-1pm Walk In 1pm-3pm	10 Zoo Outing 10:30-2 In person registration prior to event 8 spots only. Open to current participants of Huddle	11 NO WALK IN COUNSELLING TODAY Cultural Program: Medicine Picking or Land Based Activity 11:30-4 4:30-5:30 Smart Recovery(at Huddle)	12 12-3 Walk in counselling Mindful Mending with Nicole 4:15-5:45	13 12-3 Walk in counselling 1-3 Sara Riel Housing	14 1:30-2:30 Smart Recovery(at RaY) 10-12 Self Care Social Club Glimmer Mapping & Grounding 1-3 Do or DIY Felt Creatures for ages 12-15	
	17 1-3 Sara Riel Employment Support	18 12-3 Walk in counselling Cultural Program: Forest Therapy & Picnic 11:45-3 4:30-5:30 Smart Recovery(at Huddle)	19 Closed	20 1-3 SEED workshop: How to make Informed Decisions about \$ 4:30-5:45 1-3 Sara Riel Housing Queer Connections Topic Based	21 1:30-2:30 Smart Recovery(at RaY) 10-12 Self Care Social Club Affirmation Cards & Box Decorating 1-3 Do or DIY Junk Journaling for ages 12-15	Sara Riel Employment Supports At Huddle on Fridays August 14th and 28th!!
AGES 12-29	24 1-2:30 Paws & Pause Therapy Dogs	25 12-3 Walk in counselling Cultural Program: Drum Making 12-4 4:30-5:30 Smart Recovery(at Huddle)	26 12-3 Walk in counselling Belonging Beyond Borders Group 5:15-6:45	27 12-3 Walk in counselling 1-3 Sara Riel Housing ART THERAPY 4:15-6	28 10-12 Self Care Social Club Self Portraits 1:30-2:30 Smart Recovery(at RaY)	Follow us on socials to see more information about programs and to find registration links
We invite you to come for coffee and a snack, activities or to chat, during walk in hours	31 Come in 12-3 for Arts & Crafts, Puzzling Games & More Need School Supplies? We have a limited amount to give away	1 12-3 Walk in counselling Cultural Program: TBD 4:30-5:30 Smart Recovery(at Huddle)	2 12-3 Walk in counselling Workshop-Self-Worth: The Relationship You Have With Yourself 4:30-6:00	3 12-3 Walk in counselling 1-3 Sara Riel Housing 4:30-5:45 Queer Connections Social Get Together	4 Closed 1:30-2:30 Smart Recovery(at RaY)	

Program Registration

CANOEING (limited spots!)



Zoo Outing
10:30-2
In person
registration only prior to
event 8 spots only. Open
to current participants of
Huddle

Medicine Picking and/or Land
Based Activity



Forest Therapy & Picnic



How to make Informed Decisions
about Money



For all other
programs
this month,
just come on by to
Huddle!



Drum Making



Art Therapy

