



SUN	MON	TUES	WED	THURS	FRI	SAT
Mon-Thurs Walk in 12-3 Closed 3-4 Apts and Programming only 4-6			1 HAPPY Canada Day Closed	2 Walk in counselling 12-3 1-3 Sara Riel Housing 4:30-5:45 Queer Connections Social Get Together	3 1:30-2:30 Smart Recovery(at RaY) 	
NEW Fridays Walk In 10am-12pm closed 12pm-1pm Walk In 1pm-3pm	6 1-3 Sara Riel Employment Support	7 12-3 Walk in counselling 1-3 Futures Forward Cultural Program: Sharing Circle & Smudge 4:30-5:30 Smart Recovery(at Huddle) 	8 Walk in counselling 12-3 12pm-3pm Shared Health Addiction Support (12-21) BBQ 4-6	9 12-3 Walk in counselling 1-3 Sara Riel Housing	10 Do or DIY for ages 12-15 Summer Activity Bingo & 1-3 DIY Stickers Sara Riel Employment Support 1:30-2:30 Smart Recovery(at RaY)	Follow us on socials to see more information about programs and to find registration links
AGES 12-29	13	14 12-3 Walk in counselling 1-3 Futures Forward Cultural Program: Medicine Tote Bag Making Workshop (Sewing) 4:30-5:30 Smart Recovery(at Huddle)	15 12-3 Walk in counselling 12pm-3pm Shared Health Addiction Support (12-21) 4:15-5:45 ADULTING 101	16 12-3 Walk in counselling 1-3 Sara Riel Housing 4:30-5:45 Queer Connections Consent & Harm Reduction	17 Do or DIY for ages 12-15 Felt Polaroid Frames 1:30-2:30 Smart Recovery(at RaY) 	
	20 1-3 Sara Riel Employment Support Workplace Culture and Interview Skills Workshop	21 12-3 Walk in counselling 1-3 Futures Forward Cultural Program: Sharing Circle & Smudge ART THERAPY 4:15-6 4:30-5:30 Smart Recovery(at Huddle)	22 12-3 Walk in counselling 12pm-3pm Shared Health Addiction Support (12-21) Belonging Beyond Borders Group 5:15-6:45	23 12-3 Walk in counselling 1-3 Sara Riel Housing	24 Do or DIY for ages 12-15 Stamp Magnets Sara Riel Employment Support 1:30-2:30 Smart Recovery(at RaY)	
We invite you to come for coffee and a snack, activities or to chat, during walk in hours	27 1-2:30 Paws & Pause Therapy Dogs 	28 Sweat lodge Ceremony and drumming Huddle CLOSED for walk in & Apts. Smart Recovery is Cancelled for Today	29 12-3 Walk in counselling 12pm-3pm Shared Health Addiction Support (12-21)	30 12-3 Walk in counselling 1-3 Sara Riel Housing	31 Do or DIY for ages 12-15 Mini Flower Presses 1:30-2:30 Smart Recovery(at RaY) 	