



MON	TUE	WED	THU	FRI
<p><b>INFO:</b> Manitoba Advocate for Children &amp; Youth (MACY) Mia from MACY's available to discuss case-specific concerns, to provide self-advocacy support!</p> <p>"Huddle Lounge-Lite" - 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 calm. Lounge-Lite is often ran during sensory hours or when other programs are happening in the same space.</p> <p><b>Huddle Lounge</b> (plus Peer Support / Art with Larissa!) 1:00pm - 4:30pm</p> <p><b>Teen Clinic - Drop-in Counselling</b> 1:00pm - 3:00pm</p> <p><b>Nintendo Switch Day</b> (Mario Kart, Super Smash, Mario Party and more!)</p> <p><b>6</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>7</b></p>	<p><b>CLOSED TODAY</b> 1</p> <p><b>HAPPY Canada Day</b></p>	<p><b>Clinic</b> 2 9:15am - 3:45pm</p> <p><b>Huddle Lounge</b> (plus Peer Support / Art with Larissa!) 1:00pm - 4:30pm</p> <p><b>2</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>3</b></p>
<p><b>Huddle Lounge-Lite</b> 1:00pm - 4:30pm</p> <p><b>Teen Clinic Drop-in Counselling</b> 1:00pm - 3:00pm</p> <p><b>Sensory Hours</b> AKA "Quiet Time" - perfect for study, reading or relaxing!</p> <p><b>13</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge-Lite</b> 1:00pm - 4:30pm</p> <p><b>Make Your Own Seasonings!</b> 2:00pm - 4:00pm (with Chef Melanie)</p> <p><b>14</b></p>	<p><b>Huddle Lounge-Lite</b> 1:00 - 4:30pm</p> <p><b>Dungeons &amp; Dragons</b> 1:30pm - 4:30pm (filled)</p> <p><b>8</b></p>	<p><b>Clinic</b> 9 9:15am - 3:45pm</p> <p><b>Huddle Lounge</b> (plus Peer Support / Art with Larissa!) 1:00pm - 4:30pm</p> <p><b>Manitoba Advocate for Children &amp; Youth</b> 2:00pm - 4:00pm (with Mia)</p> <p><b>9</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>Movie! - Fast &amp; Furious 7</b> 1:30pm - 4:00pm</p> <p><b>10</b></p>
<p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>Teen Clinic - Drop-in Counselling</b> 1:00pm - 3:00pm</p> <p><b>Nintendo Switch Day</b> (Mario Kart, Super Smash, Mario Party and more!)</p> <p><b>20</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge-Lite</b> 1:00pm - 4:30pm</p> <p><b>Youth Advisory Committee</b> 1:30-3:30pm</p> <p><b>21</b></p>	<p><b>Hinterland Nature Camp Field Trip!</b> 9:00am - 6:00pm (Chat with Huddle Staff to attend!)</p> <p><b>Dungeons &amp; Dragons</b> 1:30pm - 4:30pm (filled)</p> <p><b>15</b></p>	<p><b>Clinic</b> 16 9:15am-3:45pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>23</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>24</b></p>
<p><b>Huddle Lounge-Lite</b> 1:00pm - 4:30pm</p> <p><b>Sensory Hours</b> AKA "Quiet Time" - perfect for study, reading or relaxing!</p> <p><b>27</b></p>	<p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>28</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge-Lite</b> 1:00pm - 4:30pm</p> <p><b>Dungeons &amp; Dragons</b> 1:30pm - 4:30pm (OPEN!)</p> <p><b>29</b></p>	<p><b>Clinic</b> 30 9:15am-3:45pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>30</b></p>	<p><b>Drop-in Counselling</b> 2:30pm - 4:30pm</p> <p><b>Huddle Lounge</b> 1:00pm - 4:30pm</p> <p><b>Bonfire Bash!</b> 1:30pm - 4:30pm</p> <p><b>31</b></p>



## WEDNESDAY JULY 22 HINTERLAND NATURE CAMP FIELD TRIP

9:30AM - 4:30PM

Escape the city and come spend the day in the wild with us - for free!

- Explore forest trails
- Meet the chickens
- Outdoor games
- Cook on the fire pit



Lunch / Transport provided!

TO REGISTER PLEASE CONTACT KIERRA

204-804-2651

kfergusedwards@norwestcoop.ca



Please bring your own water bottle, & hat



## TUE JULY 14 - MAKE SEASONINGS!

Chef Melanie from our Community Food Centre's 'Mind Your Food' Cooking Program will show us how to make your own seasonings!

Perfect for giving ramen your own unique flavour. Taste, create and take home your own custom mix!



## WED JULY 29 - OPEN D&D SESSIONS!



Come play Dungeons & Dragons with us! Perfect for all adventurers looking for a mini adventure - even if it's your first time!

Everything you need (dice, minis, character sheets) all provided for free - just turn up and play!

## FRI JULY 31 - HUDDLE BONFIRE BASH!

Soak up the summer in our outdoor courtyard!

**ROAST**  
S'mores /  
Weenies  
on our fire pit!

**PLAY GAMES**  
Ladderball!  
Giant Jenga!  
Bocce!

**RELAX**  
Lounge chairs,  
good music,  
chill vibes...

