



SUN	MON	TUE	WED	THU	FRI	SAT
Mon-Thurs Walk in 12-3 Closed 3-4 Appts and Programming only 4-6	Fridays Walk In 10am-12pm Closed 12pm-1pm Walk in 1pm-3pm	12-3 Walk in counselling 1 Cultural activities : Sharing Circle/Smudge Building our Best Selves 1:30-2:30 4:30-5:30 Smart Recovery(at Huddle)	12-3 Walk in counselling 2 Workshop-Self-Worth: The Relationship You Have With Yourself 4:30-6:00	12-3 Walk in counselling 3 1-3 Sara Riel Navigation & Housing Support 4:30-5:45 Queer Connections Social Get Together	4 Closed 1:30-2:30 Smart Recovery(at RaY)	5 Contact us to do an intake to meet with our Shared Health Addiction Worker
6	Labour Day 7 Closed	12-3 Walk in counselling 8 Cultural activities: Forest Nature Walk 1:30-2:30 4:30-5:30 Smart Recovery(at Huddle)	12-3 Walk in counselling 9 Cooking W/Dorothy Chilli 1-3 Walk n' Talk 4:15 -4:45	12-3 Walk in counselling 10 Sara Riel Navigation & Housing Support 1-3 Manitoba Advocate for Children & Youth 1-3 ART THERAPY 4:15-6	11 1:30-2:30 Smart Recovery(at RaY)	12
13	14 Heart Berry Project (Artist W/Purpose beading) 4-6	12-3 Walk in counselling 15 Cultural activities: Dream Catchers 4-6 4:30-5:30 Smart Recovery(at Huddle)	12-3 Walk in counselling 16 Walk n' Talk 4:15 -4:45 Belonging Beyond Borders Group 5:15-6:45	12-3 Walk in counselling 17 1-3 Sara Riel Navigation & Housing Support 4:30-5:45 Queer Connections Topic based	18 Youth Focus Group We need YOU! 10-12 1:30-2:30 Smart Recovery(at RaY)	19
20	21 1-2:30 Paws & Pause Therapy Dogs 4:15-5:45 workshop: In Jeopardy: Managing Anxiety	12-3 Walk in counselling 22 Cultural Program : Sharing Circle/Resilience & Wellbeing 1:30-2:30 4:30-5:30 Smart Recovery(at Huddle)	12-3 Walk in counselling 23 Touring W/Dorothy TBD 1-3 EQUINOX CELEBRATION 4-6	24 NO WALK IN COUNSELLING TODAY Manitoba Advocate for Children & Youth 1-3	25 1:30-2:30 Smart Recovery(at RaY)	26 AGES 12-29
27 We invite you to come for coffee and a snack, activities or to chat, during walk in hours	28 Youth Advisory Council 4:15-6	12-3 Walk in counselling 29 Cultural activities: Jewelry making, beading & more 1:30-2:30 4:30-5:30 Smart Recovery(at Huddle)	30 Truth & Reconciliation Day Closed	1 12-3 Walk in counselling 4:30-5:45 Queer Connections Social Get Together	2 1:30-2:30 Smart Recovery(at RaY)	

Program Registration

SELF WORTH: THE RELATIONSHIP
YOU HAVE WITH YOURSELF



Forest Nature Walk



Cooking with Dorothy



Art Therapy



Heart Berry Field Mural facilitated
by Artists with Purpose



In Jeopardy: Managing Anxiety



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

Touring with Dorothy Field Trip!



Youth Focus Group on Accessibility



Fall Equinox Celebration

