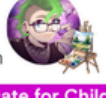


MON	TUE	WED	THU	FRI
CLOSED TODAY 3 	Huddle Lounge 4 1:00pm - 4:30pm 	Huddle Lounge-Lite 5 1:00pm - 4:30pm Dungeons & Dragons 1:30pm - 4:30pm (filled) 	*NEW* Huddle Help 6 9:00am - 11:00am  Huddle Lounge 1:00pm - 4:30pm	Huddle Lounge-Lite 7 1:00pm - 4:30pm  Monarch Butterfly Show! 2:00pm - 4:00pm (with Larissa)
Teen Clinic Drop-in Counselling 10 1:00pm - 3:00pm Huddle Lounge-Lite 1:00pm - 4:30pm Sensory Hours AKA "Quiet Time" - perfect for study, reading or relaxing! 	Drop-in Counselling 11 2:30pm - 4:30pm Huddle Lounge* 2:30pm - 4:30pm (* late start) 	CLOSED TODAY 12 	Clinic 13 9:15am - 3:45pm Huddle Help 9:00am - 11:00am Huddle Lounge 1:00pm - 4:30pm Grow Together! Garden Club 1:00pm - 4:30pm (with Siyoung) 	Drop-in Counselling 14 2:30pm - 4:30pm Huddle Lounge-Lite 1:00pm - 4:30pm Movie Time - Shrek 2 1:30pm - 4:00pm 
Huddle Lounge 17 1:00pm - 4:30pm Teen Clinic - Drop-in Counselling 1:00pm - 3:00pm Nintendo Switch Day (Mario Kart, Super Smash, Mario Party and more!) 	Huddle Lounge-Lite 18 1:00pm - 4:30pm Youth Advisory Committee 1:30-3:30pm 	Huddle Lounge-Lite 19 1:00pm - 4:30pm Dungeons & Dragons 1:30pm - 4:30pm (filled) 	Clinic 20 9:15am - 3:45pm Huddle Help 9:00am - 11:00am CFC Urban Farm Gathering Space Party! 3:00pm - 6:00pm @ NorWest Community Food Centre 	Sweat Lodge Launch Block Party! (with free BBQ) 21 12:00pm - 3:00pm @ Huddle Ka Ni Kanichikh  Financial Empowerment (Tax + ID Help) 1:00pm - 4:00pm (with Arvinder and CRA)
Teen Clinic Drop-in Counselling 24 1:00pm - 3:00pm Huddle Lounge-Lite 1:00pm - 4:30pm Sensory Hours AKA "Quiet Time" - perfect for study, reading or relaxing! 	Drop-in Counselling 25 2:30pm - 4:30pm Huddle Lounge-Lite 1:00pm - 4:30pm Slime Making! 2:00pm - 4:00pm 	Camp Manitou Adventure Field Trip! 26 9:30am - 4:30pm (Chat with Huddle Staff to attend!) 	Clinic 27 9:15am - 3:45pm Huddle Help 9:00am - 11:00am Huddle Lounge 1:00pm - 4:30pm Grow Together! Garden Club 1:00pm - 4:30pm (with Siyoung) 	Drop-in Counselling 28 2:30pm - 4:30pm Huddle Lounge (plus Peer Support / Art with Larissa!) 1:00pm - 4:30pm  Manitoba Advocate for Children & Youth 2:00pm - 4:00pm (with Mia)
Huddle Lounge 31 1:00pm - 4:30pm Teen Clinic - Drop-in Counselling 1:00pm - 3:00pm Nintendo Switch Day (Mario Kart, Super Smash, Mario Party and more!) 	INFO: *NEW* Huddle Help Thursday AMs: 9:00am - 11:00am  Come see us or call / email to book a visit! Free 1:1 support with: - Job-seeking (resumes/cover letters) - Applications + Paperwork - Laundry / Shower Access - Clothing / Basic Groceries			

Manitoba Advocate for Children & Youth (MACY)
 Mia from MACY's available to discuss case-specific concerns, to provide self-advocacy support!

"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.



WEDNESDAY AUGUST 26

CAMP MANITOU ADVENTURE FIELD TRIP

Come along with us on an action-packed adventure day – for free!



- Archery
- Beach Games
- Biking
- Canoeing & Kayaking
- Climbing Wall
- Zipline

... and much more!



Lunch / Transport provided!
Just bring swimming clothes, towel, water bottle and runners.

➤ TO REGISTER PLEASE CONTACT KIERRA ➤



204-804-2651



kferguson@norwestcoop.ca

FRI AUG 7 - MONARCH BUTTERFLY SHOW!

Explore the world of monarch butterflies with our wonderful volunteer, Larissa!

See live caterpillars and butterflies, learn about their life cycle, and discover how you can help protect these amazing pollinators.



THUR AUG 13 - NEW GARDENING CLUB!



Grow, create, and chill with our brand-new Gardening Club, hosted by the friendly Siyoung!

Plant your own herbs, decorate your planter, create refreshing drinks, and celebrate your harvest with friends over four fun sessions. 🌱

THUR AUG 20 - CFC URBAN FARM PARTY!

Come celebrate the Urban Farm Gathering Space at the NorWest Community Food Centre!

RELAX

Fire pit,
lounging seating,
chill vibes...

PLAY GAMES

Ladderball!
Giant Jenga!
Bocce!

LEARN

See the farm,
meet the team,
maybe get involved!

