

MON	TUE	WED	THU	FRI
	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 1:00pm - 4:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 1:00pm - 4:30pm Dungeons & Dragons 1:30pm - 4:30pm (filled)	*NEW* Huddle Help 9:00am - 11:00am Huddle Lounge 1:00pm - 4:30pm	NO HUDDLE LOUNGE TODAY
CLOSED TODAY 	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 1:00pm - 4:30pm Back-to-School: Coping with Anxiety 2:30pm - 3:45pm (with Kierra)	!! OPENING HOURS CHANGE !! Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 6:30pm Dungeons & Dragons 3:30pm - 6:30pm (filled)	Clinic 9:15am - 3:45pm Huddle Help 9:00am - 11:00am Huddle Lounge 3:00pm - 5:30pm Grow Together! Garden Club 3:00pm - 5:30pm (with Siyoung)	Drop-in Counselling 2:30pm - 4:30pm NO HUDDLE LOUNGE TODAY
Huddle Lounge 3:00pm - 5:30pm Teen Clinic - Drop-in Counselling 1:00pm - 3:00pm Nintendo Switch Day (Mario Kart, Super Smash, Mario Party and more!)	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 5:30pm Youth Advisory Committee 3:00-5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 6:30pm Dungeons & Dragons 3:00pm - 6:30pm (filled)	Clinic 9:15am - 3:45pm Huddle Help 9:00am - 11:00am Huddle Lounge 3:00pm - 5:30pm Back-to-School Bonfire Bash! 3:30pm - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 5:30pm Movie Time - Nimona 3:30pm - 5:30pm
Huddle Lounge-Lite 3:00pm - 5:30pm Teen Clinic Drop-in Counselling 1:00pm - 3:00pm Sensory Hours AKA "Quiet Time" - perfect for study, reading or relaxing!	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm Making Bannock Tacos! 3:30pm - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 6:30pm Dungeons & Dragons 3:00pm - 6:30pm (OPEN!)	Clinic 9:15am - 3:45pm Huddle Help 9:00am - 11:00am Huddle Lounge 3:00pm - 5:30pm Grow Together! Garden Club 3:00pm - 5:30pm (with Siyoung)	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 5:30pm Movie Time - HTTYD 3:30pm - 5:30pm
Huddle Lounge 3:00pm - 5:30pm Teen Clinic - Drop-in Counselling 1:00pm - 3:00pm Nintendo Switch Day (Mario Kart, Super Smash, Mario Party and more!)	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm Orange Shirt Decorating + Feast! 3:30pm - 5:30pm	CLOSED TODAY EVERY CHILD MATTERS ORANGE SHIRT DAY SEPT 30TH	*NEW* Huddle Help Thursday AMs: 9:00am - 11:00am "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 and chill.	Free 1:1 support with: • Job-seeking (resumes/cover letters) • Applications + Paperwork • Laundry / Shower Access • Clothing / Basic Groceries



TUES SEPT 8 - COPING WITH ANXIETY!

Feeling anxious about the upcoming school year?
Join our free **Back-to-School: Coping with Anxiety**
workshop with Kierra!

Learn how to help you cope and manage your
anxiety in a chill, no-judgement environment.



THUR SEPT 10 + 24 - GROW TOGETHER GARDENING!



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. 🌱

TUES SEPT 15 - YOUTH ADVISORY COMMITTEE!

Help shape what happens at Huddle by sharing
your ideas, feedback, and suggestions!

Join our Youth Advisory Committee meetings to help plan
programs and guide how Huddle NorWest runs! No application
/ commitment needed. Food is provided, and you'll receive a
\$25 cash honorarium for each meeting you attend!



TUES SEPT 22 **MAKING BANNOCK TACOS!**



Learn how to prepare bannock,
choose your favourite toppings,
and enjoy a fresh meal together.

All ingredients are provided,
and it's free to join.

TUES SEPT 29 **ORANGE SHIRT DECORATING + FEAST**

Join us for storytelling, warm
conversation, and a feast
provided by our wonderful
Community Food Centre.

Food, shirts and decorating
supplies are all provided!

