



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 1-3 Sara Riel Navigation & Housing Support 4:30-5:45 Queer Connections Social Get Together	1:30-2:30 Smart Recovery(at RaY)	Contact us to do an intake to meet with our Shared Health Addiction Worker
4	5	6	7	8	9	10
	SEED workshop: How to make Informed Decisions about \$	12-3 Walk in counselling Cultural activities: Resilience and wellbeing 1:30-2:30	Painting with Dorothy 1-3	12-3 Walk in counselling 1-3 Sara Riel Navigation & Housing Support	1:30-2:30 Smart Recovery(at RaY)	
11	12	13	14	15	16	17
	Thanksgiving Day Closed	12-3 Walk in counselling	Self-portrait as a tool to explore Self Perception 4:15 -4:45	12-3 Walk in counselling 1-3 Sara Riel Navigation & Housing Support 4:30-5:45 Queer Connections Topic based	1:30-2:30 Smart Recovery(at RaY)	
18	19	20	21	22	23	24
		12-3 Walk in counselling Cultural activities: Sharing Circles Seven Sacred Teachings 1:30-2:30	Pumpkin Carving with Dorothy 1-3 Belonging Beyond 5:15-6:45 Borders Group	12-3 Walk in counselling 1-3 Sara Riel Navigation & Housing Support	1:30-2:30 Smart Recovery(at RaY)	AGES 12-29
25	26	27	28	29	30	31
We invite you to come for coffee and a snack, activities or to chat, during walk in hours		12-3 Walk in counselling Cultural activities:TBD 4-6	Halloween Movie & Fun 4 -6	12-3 Walk in counselling 1-3 Sara Riel Navigation & Housing Support	1:30-2:30 Smart Recovery(at RaY)	