



MON	TUE	WED	THU	FRI
INFO: Huddle Help's on more often! Mon, Thurs and Fri 3:00pm - 5:00pm Free 1:1 support with: - Job-seeking (resumes/cover letters) - Applications + Paperwork - Laundry / Shower Access - Clothing / Basic Groceries	"Huddle Lounge-Lite" A quieter Lounge - same services and support, but with lower volume and reduced capacity. Often offered during Sensory Hours or other programs.	Walk-in Health Clinic and Drop-in Counselling available! No appointment needed - just turn up on the day! 'First come, first served' Available once a week per person.	Walk - In Clinic 9:15am - 3:45pm Huddle Help 3:00pm - 5:00pm Huddle Lounge 3:00pm - 5:30pm Grow Together! Garden Club 3:00pm - 5:30pm (with Siyong)	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm Huddle Help 3:00pm - 5:00pm
Huddle Help 3:00pm - 5:00pm Huddle Lounge-Lite 3:00pm - 5:30pm Sensory Hours AKA "Quiet Time" - perfect for study, reading or relaxing! 	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm DBT-to-Go! 4:30pm - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 5:30pm Dungeons & Dragons 3:30pm - 6:30pm (filled)	Walk - In Clinic 9:15am - 3:45pm Huddle Help 3:00pm - 5:00pm Huddle Lounge 3:00pm - 5:30pm Clinic Ceiling Paint + Pizza Party 1:30pm - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm Huddle Help 3:00pm - 5:00pm Movie Time: A Quiet Place 3:00-5:30pm
CLOSED TODAY 	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm DBT-to-Go! 4:30pm - 5:30pm Youth Advisory Committee 4:00 - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 6:30pm Dungeons & Dragons 3:30pm - 6:30pm (filled)	Walk - In Clinic 9:15am - 3:45pm Huddle Help 3:00pm - 5:00pm Huddle Lounge 3:00pm - 5:30pm Bonfire Bash! 3:30pm - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm Huddle Help 3:00pm - 5:00pm Movie Time: Coraline 3:00-5:30pm
Huddle Help 3:00pm - 5:00pm Huddle Lounge 3:00pm - 5:30pm Nintendo Switch Day (Mario Kart, Super Smash, Mario Party and more!)	Huddle Lounge 3:00pm - 5:30pm DBT-to-Go! 4:30pm - 5:30pm Pumpkin Carving 3:30pm - 5:30pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 6:30pm Dungeons & Dragons 3:30pm - 6:30pm (filled)	Walk - In Clinic 9:15am - 3:45pm Huddle Help 3:00pm - 5:00pm Huddle Lounge 3:00pm - 5:30pm	CLOSED TODAY
Huddle Help 3:00pm - 5:00pm Huddle Lounge-Lite 3:00pm - 5:30pm Sensory Hours AKA "Quiet Time" - perfect for study, reading or relaxing! 	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm DBT-to-Go! 4:30pm - 5:30pm Spray Painting (with Graffiti Gallery) 3:30 - 5:00pm	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge-Lite 3:00pm - 6:30pm Dungeons & Dragons 3:30pm - 6:30pm (OPEN!)	Walk - In Clinic 9:15am - 3:45pm Huddle Help 3:00pm - 5:00pm Huddle Lounge 3:00pm - 5:30pm Manitoba Advocate for Children & Youth 2:00pm - 4:00pm (with Mia)	Drop-in Counselling 2:30pm - 4:30pm Huddle Lounge 3:00pm - 5:30pm Huddle Help 3:00pm - 5:00pm Costume Party! 3:00-5:30pm



EVERY TUESDAY - 'DBT TO GO' WORKSHOP!

Life happens fast! Want some quick skills to help you through the tough moments? Join our free virtual DBT to Go skills group!

For more info / to sign-up, scan the QR code or call 204-938-5900 and ask for the Resource Triage Desk.



TUES OCT 27 - SPRAY PAINTING WORKSHOP!



Explore graffiti art and create your own unique lettering style - led by the Graffiti Gallery crew!

Learn about graffiti history, lettering techniques, colour blocking, and more. Then put your own spin on your name, alias, or a word that means something to you!

THUR OCT 30 - MIA FROM MACY!

Have questions or concerns about your rights or the services you receive? Mia from 'Manitoba Advocates for Children and Youth' (MACY)'s here!

Support is available for concerns related to CFS, Adoptions, Disabilities, Addictions, Justice, Mental Health, Victim Services, Education and more!



HUDDLE COMES TO SCHOOLS TOO!



Kierra ☺

You don't always have to come to Huddle to get support!

Come and see Kierra, your local and friendly **SERVICE NAVIGATION SPECIALIST** when she visits your school!

Helps with:



Learning about Huddle services



Finding resources and opportunities



Planning your goals and needs



Connecting with community supports

DAY	SCHOOL	TIME
Monday	DMCI	10 AM - 3 PM
Tuesday	Children of the Earth	10 AM - 3 PM
Wednesday	Tec Voc	11 AM - 3 PM
Thursday	—	—
Friday	Sisler High School	10 AM - 1 PM