

Wellness Centre (Room 1113)

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 	2 Closed	3 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	4 Daily Drop-in Support @8:30 am – 3:30pm Taming Worries Group @ 11:30 am – 12:30 pm	5 Daily Drop-in Support @8:30 am – 3:30pm	6 Daily Drop-in Support @8:30 am – 3:30pm	7
8	9 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	10 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	11 Daily Drop-in Support @8:30 am – 3:30pm Taming Worries Group @ 11:30 am – 12:30 pm	12 Daily Drop-in Support @8:30 am – 3:30pm	13 Daily Drop-in Support @8:30 am – 3:30pm	14
15	16 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	17 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	18 Daily Drop-in Support @8:30 am – 3:30pm Taming Worries Group @ 11:30 am – 12:30 pm	19 Daily Drop-in Support @8:30 am – 3:30pm	20 Daily Drop-in Support @8:30 am – 3:30pm	21
22	23 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	24 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	25 Daily Drop-in Support @8:30 am – 3:30pm Taming Worry Dragons for Pre-Teens @ 4:00 – 6:00 pm	26 Daily Drop-in Support @8:30 am – 3:30pm	27 Daily Drop-in Support @8:30 am – 3:30pm	28
29	30 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	31 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm				