




Resources for HOPE Activities Calendar – April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For More Information About OUR Drop-In Program Call 1-519-587-4658 ext. 5</p>  		<p>Sketching Tutorial (1pm -3pm)</p>	<p>Individual Mental Health Peer Support <i>By Appointment Only</i></p>	<p>Wellness & Recovery – Coping with Mental Health Diagnosis (1pm-3pm) In Person + Online 1:00pm-3:00pm</p>	<p>Splatter Paint/Art Social (9:30am-12:00PM) / (1PM -3PM)</p> <p>Food Stop- Honey and Maple Syrup (12pm-1pm)</p>	Centre Closed
Centre Closed	<p>Meditation (9am-10am) In Person + Online</p> <p>Brain Fit (1pm-3pm)</p>	<p>Rock Painting (1pm -3pm)</p>	<p>Individual Mental Health Peer Support <i>By Appointment Only</i></p>	<p>Wellness & Recovery – How to Disagree Respectfully In Person + Online 1:00pm-3:00pm</p>	<p>Art Social (9:30am-12:00pm)</p> <p>Members meeting (12pm-1pm)</p> <p>Cooking Skills – Corn Bread with Chili (1pm-3:30pm)</p>	Centre Closed
Centre Closed	<p>Meditation (9am-10am) In Person + Online</p> <p>Home Made Luffa and Bubble Bath (1pm-3pm)</p>	<p>Mosaics (1pm-3pm)</p>	<p>Individual Mental Health Peer Support <i>By Appointment Only</i></p>	<p>Wellness & Recovery – Coping with Chronic Illness In Person + Online 1:00pm-3:00pm</p>	Centre Closed	Centre Closed
Centre Closed	Centre Closed	<p>Photo Club – with Props (1pm-3pm)</p>	<p>Individual Mental Health Peer Support <i>By Appointment Only</i></p>	<p>Wellness & Recovery – Challenges and Motivation In Person + Online 1:00pm-3:00pm</p>	<p>Art Social 9:30am-12:30pm</p> <p>Cooking Skills –Sour Dough (12:30pm-3:30pm)</p>	Centre Closed
Centre Closed	<p>Meditation (9am-10am) In Person + Online</p> <p>Bingo (1pm-3pm)</p>	<p>Trail Walk (1pm-3pm)</p>	<p>Individual Mental Health Peer Support <i>By Appointment Only</i></p>		<p>Please request or cancel transportation a minimum of 48 hours in advance for booking purposes. To book transportation call 1-519-587-4658 ext. 5</p>	