




# Resources for HOPE Activities Calendar – May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For More Information About OUR Drop-In Program Call <b>1-519-587-4658 ext.</b></p>  	 <p>Please request or cancel transportation for a minimum of 48 hours in advance for booking purposes. To book transportation call 1-519-587-4658 ext. 5</p>			1	2	3
Centre Closed	<p><b>Meditation</b> (9am-10am) <i>In Person + Online</i></p> <p><b>Laundry soap making</b> (1pm-3pm)</p>	<p><b>Skip Bo Tournament</b> (1pm -3pm)</p>	<p><b>Individual Mental Health Peer Support</b> <i>By Appointment Only</i></p>	<p><b>Wellness &amp; Recovery – Phobia and anxiety management</b> (1pm-3pm) <i>In Person + Online</i></p>	<p><b>Art Social</b> (9:30am-12:00pm) <b>Cooking Skills-Dips</b> (12:30pm-3:30pm)</p>	Centre Closed
Centre Closed	<p><b>Meditation</b> (9am-10am) <i>In Person + Online</i></p> <p><b>Tulip Garden Outing</b> (1pm-3pm)</p>	<p><b>Sketching Tutorial</b> (1pm-3pm)</p>	<p><b>Individual Mental Health Peer Support</b> <i>By Appointment Only</i></p>	<p><b>Wellness &amp; Recovery – Stress Management</b> <i>In Person + Online</i> 2:00pm-3:00pm</p>	<p><b>Art Social</b> (9:30am-3:00pm) <b>Members Meeting Food Stop (Rubarb)</b> (12pm-1pm) <b>Art Social</b></p>	Centre Closed
Centre Closed	Centre Closed	<p><b>Mosaic Craft</b> (2pm-3:30pm)</p>	<p><b>Individual Mental Health Peer Support</b> <i>By Appointment Only</i></p>	<p><b>Wellness &amp; Recovery – Time Management</b> <i>In Person + Online</i> 1:00pm-3:00pm</p>	<p><b>Art Social</b> (9:30am-12:30pm) <b>Cooking Skills- Salads</b> (12:30pm-3:30pm)</p>	Centre Closed
Centre Closed	Centre Closed	<p><b>Mosaic Craft</b> (2pm-3:30pm)</p>	<p><b>Individual Mental Health Peer Support</b> <i>By Appointment Only</i></p>	<p><b>Wellness &amp; Recovery – Understanding and Coping with Burnout</b> <i>In Person + Online</i> 1:00pm-3:00pm</p>	<p><b>Art Social</b> (9:30am-12:30pm) <b>Cooking Skills-Apps</b> (12:30pm-3:30pm)</p>	Centre Closed
Centre Closed	<p><b>Meditation</b> (9am-10am) <i>In Person + Online</i></p> <p><b>Euchre Tournament</b> (1pm-3pm)</p>	<p><b>Trail Walk with Picnic Lunch</b> (12pm-3pm)</p>	<p><b>Individual Mental Health Peer Support</b> <i>By Appointment Only</i></p>	<p><b>Wellness &amp; Recovery – Challenges and Motivation</b> <i>In Person + Online</i> 1:00pm-3:00pm</p>	<p><b>Art Social</b> (9:30am-12:30pm) <b>Cooking Skills -Carrot Cake</b> (12:30pm-3:30pm)</p>	Centre Closed

