


Resources for HOPE Activities Calendar May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>For More Information About the Drop-in Program Call: 1-519-587-4658 ext. 5 Please request or cancel transportation</p>  <p>A minimum of 48 hours in advance for booking purposes</p>				1 Art Social (9:30am-1pm) Yahtzee (1-3pm)	2 Centre Closed	3 Centre Closed
4 Painting with Christine <i>Sign up required by April 27th</i> <i>(1-3pm)</i>	5 Wellness & Recovery - Dignity: Appreciation for self and others (1-3pm) In Person + Online	6 Individual Mental Health Peer Support By Appointment Only	7 Meditation (1-1:30pm) Wellness & Recovery - Healthy Reflection vs Rumination (1:30-3pm) In Person + Online	8 Art Social (9:30am-12pm) Member's Meeting (12-1pm) In Person + Online Board Game Day (1-3pm)	9 Centre Closed	10 Centre Closed
11 Trail Walk - Quance Dam <i>Sign up required by May 4</i> <i>(1-3pm)</i>	12 Meditation (1-1:30pm) Wellness & Recovery - Budgeting (1:30-3pm) In Person + Online	13 Individual Mental Health Peer Support By Appointment Only	14 Cards- Creative Greeting <i>Sign up required by May 7</i> <i>(1-3pm)</i>	15 Art Social (9:30am-1pm) Outdoor Games (1-3pm)	16 Centre Closed	17 Centre Closed
18 Centre Closed Victoria Day	19 Wellness & Recovery - Coping with Temperament(1-3pm) In Person + Online	20 Individual Mental Health Peer Support By Appointment Only	21 Meditation (1-1:30pm) Wellness & Recovery - Procrastination (1:30-3pm) In Person + Online	22 Art Social (9:30am-1pm) Tea Party – Alice in Wonderland (1-3pm)	23 Centre Closed	24 Centre Closed
25 Photo club (1-3pm) In Person + Online	26 Meditation (1-1:30pm) Wellness & Recovery - Delayed Emotional Responses (1:30-3pm) In Person + Online	27 Individual Mental Health Peer Support By Appointment Only	28 Challenges & Motivation <i>(1-3pm)</i> In Person + Online	29 Art Social (9:30am-1pm) Craft - Planter Pot Decorating <i>Sign up required by May 22</i> <i>(1-3pm)</i>	30 Centre Closed	31 Centre Closed