Resources for HOPE Activity Calendar October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
To avoid disappointment please sign up for all crafts and outings, a minimum of one week ahead, even if a sign-up date is not on the calendar. ***Outings and crafts can be cancelled based on numbers.*** For More Information About the Drop-in Program Call: ***1-519-587-4658 ext. 5.*** Please request or cancel transportation ***A minimum of 48 hours in advance for booking***			1 **Food Stop- Grapes** (1:00pm-3pm)	2 **Art Social** (9:30am-11am) **Photo Club** (11am-1pm)	3 Centre Closed	4 Centre Closed
5 **Skip-Bo Tournament** (1:00pm-3pm)	6 **Meditation** (1-1:30pm) **Substance Use Disorder** (1:30pm-3pm) **In Person** + **Online**	7 **Individual Mental Health Peer Support** By Appointment Only	8 **Gratitude** (1:00pm-3pm) **In Person** + **Online**	9 **Art Social** (9:30am-12:00pm) **Members' Meeting** (12-1pm) **In Person** + **Online**	10 Centre Closed	11 Centre Closed
12 Centre Closed **Thanksgiving**	13 **Meditation** (1-1:30pm) **Stigma & How to Reduce It** (1:30pm-3pm) **In Person** + **Online**	14 **Individual Mental Health Peer Support** By Appointment Only	15 **Pumpkin Patch Photo Outing** Sign up required by October 8th (1:00pm-3pm)	16 **Art Social** (9:30am-12:00pm) **Trivia** (12-1pm)	17 Centre Closed	18 Centre Closed
19 **Sock Pumpkin Craft** Sign up required by October 9th (1:00pm-3pm)	20 **Meditation** (1-1:30pm) **Seasonal Affective Disorder** (1:30pm-3pm) **In Person** + **Online**	21 **Individual Mental Health Peer Support** By Appointment Only	22 **Coping with Self-Harm and Intrusive Thoughts** (1:00pm-3pm) **In Person** + **Online**	23 **Art Social** (9:30am-12:00pm) **Yahtzee** (12-1pm)	24 Centre Closed	25 Centre Closed
26 **Beaded Bracelets** (1:00pm-3pm)	27 **Meditation** (1-1:30pm) **Challenges and Motivation** (1:30pm-3pm) **In Person** + **Online**	28 **Individual Mental Health Peer Support** By Appointment Only	29 **Fall Trail Walk** Sign up required by October 22nd (1:00pm-3pm)	30 **Art Social** (9:30am-11:00am) **Halloween Party** (11am-1pm)	31 Centre Closed	