

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		<h1>JULY</h1>	<h1>2022</h1>	<p>1.</p> <p>CLOSED</p> <p>CANADA DAY</p>
<p>4. Morning Blessings Showers 9:30-12 Outreach & Grief Support 9-4 A&D Drop in 10-12 Hot Lunch 12-1 Get Moving /Yoga 12:30 Smart Recovery 1:30-2:30</p>	<p>5. Morning Blessing Outreach Breakfast 9-10 Outreach & Grief Support 9-4 A&D Drop In 10-12 ELDERS LUNCH 12-3 Women Empowerment 1:30-3:30</p>	<p>6. Morning Blessing Showers 9:30-12 Outreach & Grief Support 9-4 Status Cards 9:30-3:30 A&D drop-ins 10-2 Hot Lunch 12-1 Wellness Kitchen 2 FNHA Circle of Wellness 1-4 Youth Culture Night</p>	<p>7. Morning Blessing Outreach Breakfast 9-10 Outreach & Grief Support 9-4 Welcome Circle 11-12 A&D Drop in 10-12 Hot Lunch 12-1 MOCAAT Safe Group (Healing room 2-3:30)</p>	<p>8. Morning Blessing Showers 9:30-12 Outreach & Grief Support 9-4 Hot Lunch 12-1 Community Drumming 12:30-3</p>
<p>11. Morning Blessing Showers 9:30-12 Outreach & Grief Support 9-4 A&D Drop in 10-12 Hot Lunch 12-1 Get Moving /yoga 12:30 Smart Recovery 1:30-2:30</p>	<p>12. Morning Blessing Outreach Breakfast 9-10am Outreach & Grief Support 9-4 A&D Drop in 10-12 Hot Lunch 12-1 ELDER Mtg 1-3 women Empowerment 1:30-3:30</p>	<p>13. Morning Blessings Showers 9-12 Outreach 9am Grief Support Wellness Kitchen 2pm FNHA Circle of Wellness 1-4</p>	<p>14. Morning Blessings Outreach Breakfast 9-1 Outreach & Grief Support 9-4 A&D Drop in 10-12 Welcome Circle 11-12 Hot Lunch 12-1 MOCAAT Safe Group (Healing room) 2-3:30 Honoring Cultural Night</p>	<p>15. Morning Blessing Showers 9:30-12 Outreach & Grief Support 9-4 Hot Lunch 12-1 Community Drumming 12:30-3</p>
<p>18. Morning Blessings Showers 9:30- 12 Outreach & Grief Support 9-4 A&D Drop in 10-12 Hot Lunch 12-1 Get Moving/Yoga 12:30 Smart Recovery 1:30-2:30</p>	<p>19. Morning Blessing Outreach breakfast 9-10am Outreach & Grief Support 9-4 A&D Drop in 10-12 Hot Lunch 12-1 ELDER Mtg 1-3 Women Empowerment 1:30-3:30</p>	<p>20. Morning Blessings Showers 9:30-12 Outreach 9am Grief Support Wellness Kitchen 2pm FNHA Circle of Wellness 1-4 Youth Culture Night 4-630</p>	<p>21. Morning Blessing Outreach Breakfast 9-10am Outreach & Grief Support 9-4 A&D Drop in 10-12 Welcome Circle 11-12 Hot Lunch 12-1 MOCAAT Safe Group (Healing room) 2-3:30</p>	<p>22.</p> <p>CLOSED</p> <p>Staff Training</p>

25.Morning Blessings Showers 9:30-12 Outreach &Grief Support 9-4 A&D Drop in 10-12 Hot Lunch 12-1 Get Moving/yoga 12:30 Smart Recovery 1:30-2:30	26.Morning Blessing Outreach Breakfast 9-10am Outreach & Grief Drop-in's 10-3pm ELDER Mtg 1-3 Womens Empowerment 1:30-3:30	27.Morning Blessings Showers 9:30-12 Outreach & Grief 9-4 Wellness Kitchen 2 FNHA Circle of Wellness 1-4	28. .Morning Blessings Outreach Breakfast 9-10 Outreach & Grief Support 9-4 A&D Drop in 10-12 Welcome Circle 11-12 Hot Lunch 12-1 MOCAAT Safe Group 2-3:30 Honoring Cultural Night 4:30-6	29.Morning blessing Showers 9:30-12 Outreach& Grief Support 9-4 Hot Lunch 12-1 Community Drumming 12:30-3
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Mission Friendship Centre Society



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July 2022 Events for the Month

1.July 5th 12-3

Elders Lunch starts at Noon (Elders 55+).

2. July 6th 9:30-3:30

Status Cards

3. July 13th 4;30-6

Youth Cultural Night

4. July 14th 4:30-6

Honoring Cultural Night

Tuesdays: SASET James Woyke930-230pm

Wednesdays: Nurse Practitioner 9-230

