

# November

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM	2 CD Family 2:00 – 3:30 PGBA Early Recovery 6:00-7:30pm	3 CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	4 Phase 1 @ 1:30-3pm H&H2 Oakville 2:30 – 4 PGBA Overspending 6:00-7:30pm Phase 1 @6:30-8pm CD Family 6:30 – 8:00 Just Be You Lite 7:30-9:30pm	5 TTF 10:30-12	6
7	8 Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM: Financial Wellness before the Holidays	9 CD Family 2:00 – 3:30 PGBA Aftercare 6:00-7:30pm Phase 3 @ 6:30-8pm	10 CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Harm Reduction Drop-in @ 6:30-7:30pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	11 Phase 1 @ 1:30-3pm H&H2 Oakville 2:30 – 4 PGBA Overspending 6:00-7:30pm Phase 1 @6:30-8pm CD Family 6:30 – 8:00 Just Be You Lite 7:30-9:30pm	12 TTF 10:30-12 Phase 3 @ 1-2:30pm Art Engagement Group 3-4:30pm	13
14	15 PG Day Treatment 9am-3pm Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM	16 PG Day Treatment 9am-3pm CD Family 2:00 – 3:30 PGBA Aftercare 6:00-7:30pm	17 PG Day Treatment 9am-3pm CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	18 PG Day Treatment 9am-3pm Phase 1 @ 1:30-3pm H&H2 Oakville 2:30 – 4 PGBA Overspending 6:00-7:30pm Phase 1 @6:30-8pm CD Family 6:30 – 8:00 Just Be You Lite 7:30-9:30pm	19 PG Day Treatment 9am-3pm TTF 10:30-12	20
21	22 Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM: Family and Friends Workshop	23 CD Family 2:00 – 3:30 PGBA Aftercare 6:00-7:30pm Phase 3 @ 6:30-8pm	24 CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Harm Reduction Drop-in @ 6:30-7:30pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	25 Phase 1 @ 1:30-3pm H&H2 Oakville 2:30 – 4 PGBA Overspending 6:00-7:30pm Phase 1 @6:30-8pm CD Family 6:30 – 8:00 Just Be You Lite 7:30-9:30pm	26 TTF 10:30-12 Phase 3 @ 1-2:30pm	27
28	29 Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM	30 CD Family 2:00 – 3:30 PGBA Aftercare 6:00-7:30pm				