

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
ADULT CD CWMS OPIOID PGBA YOUTH		DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 Art Engagement Group – 3-4:30pm Continuing Care @ 6:30-7:30pm PGBA Aftercare 6:00pm-7:30pm CD Family 6:30 – 8:00	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 @6:30-8p CWMS Drop-in 6:30-7:30pm	Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12	
6	7	8	9	10	11	12
	Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM	DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 PGBA Aftercare 6:00pm-7:30pm Opioid F&F 6:30pm-8:00pm CD Family 6:30 – 8:00	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 @6:30-8p CWMS Drop-in 6:30-7:30pm	Phase 1 @1:30-3pm Continuing Care @ 1:30-2:30pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12	
13	14	15	16	17	18	19
	PG Day Treatment 9am-3pm Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM: Family and Friends Workshop	PG Day Treatment 9am-3pm DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 Continuing Care @ 6:30-7:30pm PGBA Aftercare 6:00pm-7:30pm CD Family 6:30 – 8:00	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 Harm Reduction Drop-in @ 6:30-7:30pm Phase 1 @6:30-8p CWMS Drop-in 6:30-7:30pm	PG Day Treatment 9am-3pm Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12 PG Day Treatment 9am-3pm	
20	21	22	23	24	25	26
	Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM	DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 PGBA Aftercare 6:00pm-7:30pm Opioid F&F 6:30pm-8:00pm CD Family 6:30 – 8:00	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 @6:30-8p CWMS Drop-in 6:30-7:30pm	Phase 1 @1:30-3pm Continuing Care @ 1:30-2:30pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12	
27	28	29	30	31		
	Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM: Digital Footprint & Cyber Security	DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 PGBA Aftercare 6:00pm-7:30pm Continuing Care @ 6:30-7:30pm CD Family 6:30 – 8:00	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 @6:30-8p CWMS Drop-in 6:30-7:30pm	Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm		