

Weekly Schedule: April 28 - May 2

| Date and location | Community Visiting Agency |
|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday, April 28 1-4 p.m. 2nd Floor | Info Table: St. Raphael Wellness Centre SRWC Wellness Centre offers non-judgmental recovery support for anyone living with addiction or other mental health issues. Drop by to learn about their addiction supports, group services and family support programs. |
| Tuesday, April 29 1-4 p.m. 2nd Floor | Info Table: Obsessive Compulsive Disorder Learn about the Canadian Mental Health Association's OCD supports and their other free services. |
| Wednesday, April 30 1-4 p.m. 2nd Floor | Info Table: Independent Living Resource Centre The ILRC is a cross-disability organization that welcomes the participation of people with disabilities and their support networks. Most of the ILRC’s over 20 programs and services are available to people with self-declared disabilities. Drop by to learn more. |
| Thursday, May 1 1-4 p.m. 2nd Floor | Info Table: Community Unemployed Help Centre Community Unemployed Help Centre provides information, assistance, advice and representation to individuals dealing with EI or EIA. Drop by to learn more. |
| Friday, May 2 1-4 p.m. Anhang Room, 2nd Floor | Learn about Sara Riel Drop in to speak with a Sara Riel Outreach Worker on a first-come, first-served basis. Get help with housing and learn about Sara Riel’s other free services, including counselling and employment support for people facing mental health, substance use and addictions challenges. Learn about Punjabi Community Health Services Punjabi Community Health Services offers systems navigation, health and wellness support and culturally appropriate services for South Asian community members. Drop by to learn more. |