



ST. JOHN'S WOMEN'S CENTRE

All programs are free.

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Let's Talk Self Care for Moms 12-1pm via Zoom Tea Time 1:30pm-2:30pm. Drop in!
4	5 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	6 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	7 Clothing Boutique 10:30am-3:30pm Call to make appointment Need to talk to a nurse? Just drop in! 1:30pm-3:30pm Empowered Together 6:30pm-7:30pm via Zoom	8 Let's Talk all about our new Managed Alcohol Program 12-1pm via Zoom
11	12 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	13 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	14 Clothing Boutique 10:30am-3:30pm Call to make appointment Need to talk to a nurse? Just drop in! 1:30pm-3:30pm Empowered Together 6:30pm-7:30pm via Zoom	15 Tea Time 1:30pm-2:30pm. Drop in!
18	19 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	20 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	21 Clothing Boutique 10:30am-3:30pm Call to make appointment Need to talk to a nurse? Just drop in! 1:30pm-3:30pm Empowered Together 6:30pm-7:30pm via Zoom	22 Let's Talk Resume Writing & Communication Skills 12-1pm via Zoom
25	26 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	27 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm	28 Clothing Boutique 10:30am-3:30pm Call to make appointment Need to talk to a nurse? Just drop in! 1:30pm-3:30pm Empowered Together 6:30pm-7:30pm via Zoom	29 Let's Talk Gender Identity 101 12-1pm via Zoom Tea Time 1:30pm-2:30pm. Drop in!

Right Here, Right Now Counselling: Evening sessions available by appointment each week. Please call by 5pm to book a time.

Let's Talk: Email kaleigh@sjwomenscentre.ca to receive the Zoom link

Empowered Together: Supportive Peer Group for Women impacted by intimate partner violence.

*Via Zoom - email reception@sjwomenscentre.ca to register.