

All programs are

**May 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	3 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	4 <b>Clothing Boutique</b> 10:30am-1pm 2pm-4pm Call to make appointment <b>Tea Time</b> 2pm-3pm Drop in!	5
8	9 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	10 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	11 <b>Clothing Boutique</b> 10:30am-1pm 2pm-4pm Call to make appointment  <b>Harm Reduction Peer Support Group</b> 6pm-7pm (call 771.1077 for more info)	12
15	16 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	17 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	18 <b>Clothing Boutique</b> 10:30am-1pm 2pm-4pm Call to make appointment <b>Vision Board Making &amp; Tea</b> 2pm-3:30pm Drop in!	19
22	23 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	24 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	25 <b>Clothing Boutique</b> 10:30am-1pm 2pm-4pm Call to make appointment  <b>*Lonely Bouquet Project 2pm-4pm</b>  <b>Harm Reduction Peer Support Group</b> 6pm-7pm (call 771.1077 for more info)	26
29	30 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.	31 <b>Right here, Right now Counselling</b> 12pm-5:30pm Evening sessions available by appointment, please call ahead to book a time.		

**Right Here, Right Now drop-in counselling is available in person, zoom or by phone. Call or drop in before 4:15pm.**

**Lonely Bouquet Project\* this is chance to design flower bouquets that will be GIVEN AWAY to other folks in community BY the Floral Group. You arrange the flower bouquet and the Floral Group will place them on bus stops, hospitals, non profits the next day.**

**NEW!** Embody Program: Recreational programs to support health and wellness. Registration required.

**Let's Talk Series - Please call to register & receive zoom link.**

***Empowered Together Supportive Peer Group for Women Impacted by Intimate Partner Abuse*** - meetings take place in English online with video and audio via Zoom.

**(709) 753-0220 | [reception@sjwomenscentre.ca](mailto:reception@sjwomenscentre.ca)**

**170 Cashin Avenue Extension  
[sjwomenscentre.ca](http://sjwomenscentre.ca) | [www.facebook.com/SJWomenscentre](https://www.facebook.com/SJWomenscentre)**