



# November 2024

## Métis Nation of Ontario Community Wellness Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1.
4.	5.	6. <b>Walk In Wednesday</b> 9:00am – 12:00pm In Office 226 May St South	7. <b>Outreach Table</b> 1:00pm – 2:45pm P.A.C.E. 510 Victoria Ave East	8.
11. <b>Office Closed</b>	12.	13. <b>Walk In Wednesday</b> 9:00am – 12:00pm In Office 226 May St South	14. <b>Outreach Table</b> 1:00pm – 2:45pm P.A.C.E. 510 Victoria Ave East	15. <b>Healthy Boundaries Presentation</b> 12:00pm – 2:00pm Zoom link to be provided
18. <b>Office Closed</b>	19.	20. <b>Walk In Wednesday</b> 9:00am – 12:00pm In Office 226 May St South	21. <b>Outreach Table</b> 1:00pm – 2:45pm P.A.C.E. 510 Victoria Ave East	22.
25.	26.	27. <b>Walk In Wednesday</b> 9:00am – 12:00pm In Office 226 May St South	28. <b>Outreach Table</b> 1:00pm – 2:45pm P.A.C.E. 510 Victoria Ave East	29. <b>Conflict Resolution Presentation</b> 12:00pm – 2:00pm Zoom link to be provided

**ALL PROGRAMS are FREE to Registered Participants.**

If you are interested in attending, please contact:

**TJ Hamilton – Community Wellness Coordinator**

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